

# **Capsule Endoscopy Preparation**

Diabetic patients may need to **contact your doctor that manages your diabetes for the instructions regarding adjustment of your diabetes medication.**

**Please let us know if you have a pacemaker, defibrillator and/or any other cardiac monitoring device**

## **DAY BEFORE CAPSULE ENDOSCOPY**

1) **CLEAR LIQUID DIET:** YOU MY NOT HAVE ANY SOLID FOOD. The entire day before exam any liquids you can see through are acceptable (i.e., water, fruit juice without pulp, tea, black coffee, clear broth/bouillon, ginger ale, lemon-lime soda, lemonade, Gatorade/sports drink, Jell-O). You may not have any soft/solid food or any milk/dairy products. Do not drink any red or purple liquids. In addition, please do not take any fiber products (i.e. Citrucel, Benefiber or Metamucil).

2) **DO NOT EAT OR DRINK ANYTHING AFTER 8PM**

## **ON THE DAY OF CAPSULE ENDOSCOPY**

### **DO NOT EAT OR DRINK ANYTHING ON THE MORNING OF THE EXAM**

Dress in comfortable, loose fitting, two-piece clothing. Avoid wearing lipstick.

You can take your morning medications 2 hours after ingesting the capsule when you can start drinking clear liquids again. You can start eating 4 hours after ingesting the capsule

It takes approximately 8 hours for the capsule to pass through your entire digestive system.

**Please return the data recorder to our office at the end of the day.**