

## INSTRUCTIONS FOR CAPSULE ENDOSCOPY PROCEDURE

This outpatient procedure will be performed at SAN DIEGO GASTROENTEROLOGY MEDICAL ASSOCIATES 4060 Fourth Avenue, Suite 240 San Diego, CA 92103.

You will need to arrive at 8:30 a.m. on: \_\_\_\_\_ with a scheduled return time of: 4:00 to 4:30 p.m. that same day. It will require a preparation process to be completed the day before the examination day.

Please follow the instructions below so the exam can be completed properly:

The day prior to the capsule endoscopy:

When you awake, you will need to remain on a clear liquid diet. NO solid foods.

Below are items that you are allowed/recommended to take in:

- Water
- Apple juice
- White cranberry juice
- White grape juice
- Lemonade
- Ice popsicles (NO RED OR PURPLE)
- Jell-o (NO RED OR PURPLE)
- Gatorade (NO RED OR PURPLE)
- clear liquid broth or bouillon
- coffee and tea without creamer or non-dairy creamer product

Please consume as much of these items as often as you would like, all day, the day prior.

You will need to clean out your bowels to complete this exam.

This will require a regime of taking in some laxative product.

The prescription you will need to get filled at your pharmacy is GOLYTELY.

It will be included in this packet.

You will begin consuming this product the evening prior to the capsule endoscopy at 4:00 p.m. You will need to consume an 8 ounce glass every 15 minutes until you have consumed half the bottle. **YOU ONLY NEED TO COMPLETE HALF THE BOTTLE.**

### **Hydration is important.**

During this bowel regime process, please make sure that you continue taking in items that are on your clear liquid diet.

It is recommended to continue the clear liquid diet up until 12:00 midnight.

After that time, you are allowed NOTHING to eat or drink.

Further diet instructions will be given to you when you arrive and the equipment is placed on you and the capsule is consumed.

You are able to take your prescribed medications as long as they are consumed 3 HOURS PRIOR TO CHECK IN. Abstain from smoking 24 hours prior to the capsule endoscopy.