

San Diego Gastroenterology Medical Associates

4060 Fourth Avenue, Suite 240 San Diego, California 92103
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Capsule Endoscopy Instructions

This is outpatient procedure will take place at –

- San Diego Gastroenterology Medical Associates
4060 Fourth Ave. Suite 240 San Diego, CA 92103 – (619) 291-6064

You will need to arrive at _____ on _____

You will have scheduled return time of **4:00pm - 4:30pm** that same day.

Please follow these instructions

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 _____ .

The day before the procedure

1. Starting when you awake the day before your procedure, **eat no solid foods** and drink clear fluids all day. Clear fluids include:

Clear fluids include any of the following:		
Water	clear liquid broth/bouillon	white cranberry
Lemonade	coffee/tea without creamer	white grape juice
Ice popsicles	beer (one glass)	apple juice
Jell-o (no fruit)	Gatorade	white wine (one glass)

NOTHING RED OR PURPLE

2. Starting at **5:00pm** the evening prior to your procedure you will begin consuming the prep solution. You will need to consume an **8 ounce glass every 15 minutes** until you have consumed **half** of the bottle. **YOU ONLY NEED TO COMPLETE HALF OF THE PREP.**
3. **Hydration is important.** During this bowel regimen process please make sure that you continue taking in items that are on the clear liquid diet up until **12 midnight.**
4. Please abstain from smoking **24 hours** prior to the procedure.

The day of your capsule endoscopy

1. You are able to take your prescribed medications as long as they are consumed **3 hours** prior to check in (5:30am) with a sip of water.
2. You will be given further diet instructions once the equipment is placed on you and the capsule is consumed.
3. You are scheduled for a return time of 4:00pm-4:30pm the same day.