

## UNIVERSITY GASTROENTEROLOGY

### Capsule Endoscopy Prep and Procedure

- The day before your procedure, you will have a clear liquid diet. \*Clear liquids consist of anything that you can “see through”. No pasta or vegetables in soups. No cream or milk in tea and/or coffee. (See attached list)
- Nothing to eat or drink after midnight before your procedure. Do not take any medications the morning of your test. You will be able to take them after you swallow the capsule (at 10:30am).
- If you are taking an iron supplement, we ask that you refrain from taking your dosage for 3 days prior to your procedure.
- Avoid wearing a dress or a one piece suit. Wear a separate top and a bottom so that an antenna belt can be fitted to your waist. Please wear a thin layer of clothing between the belt and your body (ie: undershirt, tank top). Please do not wear any perfume/cologne, scented lotions, powders.
- The recorder is placed in a pouch that you will wear across your chest.
- You may have clear liquids 2 hours after ingestion of the capsule and a light meal 4 hours after ingestion of the capsule. You may take any morning medications 2 hours after ingestion of the capsule (approximately 10:30am). **For example, if you ingest the capsule at 8:30am, you have clear liquids at 10:30am and a light meal (ie: soup, sandwich, eggs and toast) at 12:30pm.**
- There are a few procedural protocols that you will need to follow. No CT or MRI examinations, also limit your exposure to any magnetic fields. These can interfere with transmission of the data from the capsule. You may use wi-fi, microwaves, TV remotes, etc.
- Please inform the office if you have an implanted cardiac pacemaker or cardiac defibrillator.
- Return to the office at **4:30 pm** for completion of your procedure.

Do not remove the equipment from the pouch or press any buttons on the equipment.  
Do remove the antenna belt.

If you have any questions or concerns, please do not hesitate to contact our office a 401-886-4040.



## Clear Liquid Diet

**\*\*Do not eat or drink anything red or purple in color\*\***

### Beverages:

- Soft Drinks – orange soda, ginger ale, sprite, 7-up, etc.
- Fruit Juice without pulp – apple juice, lemonade, white grape juice
- Water
- Tea – NO MILK OR NON-DAIRY CREAMER
- Coffee - NO MILK OR NON-DAIRY CREAMER

### Soups:

- Chicken or Beef Broth

### Desserts:

- Hard Candies
- Jello – NO FRUIT OR WHIPPED CREAM TOPPINGS
- Popsicles, Italian Ice