

Patient Instructions for Capsule Endoscopy

The Day Before Test:

- Do not have any solid food. **Clear liquids only!**
- No Red, Purple or Orange food coloring.
- At 5:00 pm drink 1 bottle of Magnesium Citrate
 - This will cause diarrhea
 - Mild abdominal cramping, nausea and fullness may occur.
- Nothing to eat or drink after midnight.

The Day of the Test:

- Take heart or blood pressure medication that you normally do.
- You may return on clear liquid diet after 4 hours of swallowing capsule.

Please call 276-2811 if you have any questions!

Clear Liquid Guidelines

Coffee- NO CREAM

Hot or Iced Tea

7-UP, Sprite, Ginger Ale

Apple Juice

White Grape Juice

Chicken or Beef Broth- NO CREAM SOUP

Jello- Lemon or Lime

Gatorade- Lemon or Lime

Water

Anything you can see through should be okay.