



GASTROENTEROLOGY ASSOCIATES P.C.
2222 53rd Avenue Bettendorf, Iowa 52722
563-383-2686

CAPSULE ENDOSCOPY PREP

Please arrive at our clinic on _____ at _____.

5 days before your test:

Stop taking iron, vitamins with iron, Mylanta, carafate, or pepto bismol.

1 day before your test:

- Necessary medications may be taken 2 hours before the test with a small amount of water.
- Abstain from smoking 24 hours prior to Capsule Endoscopy.
- No solid foods allowed.
- Stay on clear liquid diet all day-**NOTHING** red or purple colored. See reverse side for sample of approved clear liquids.

1. **Prepare and drink prep.**

_____ Golytely/ Nulytely Prep

- 8:00 am mix Golytely/nulytely prep with one gallon of water
- 4:00 pm start drinking the Golytely/Nulytely mixture.
- You will need to drink 8 oz every 15 minutes until you have completed 8 glasses.
- Discard the remaining Golytely/Nulytely mixture.

_____ Magnesium Citrate prep

- 4:00 pm drink one 10oz bottle of Mag Citrate
- Can not use red color Mag Citrate

2. **Do not** drink or eat after 10:00 pm.

3. **Arrive** at our clinic at your scheduled time for your Capsule endoscopy dressed in loose fitting , two (2) piece clothing.

- The Sensor Belt must not be worn over synthetic fabric.
- You will need to wear an upper garment of thin, natural fiber cloth (cotton) that is long enough to reach at least to hip level.
- Another layer of clothing such as a sweatshirt, sweater, or jacket maybe worn over the Sensor Belt.

4. **Return** to Gastroenterology Associates P.C. eight (8) hours after ingestion of the Capsule to have the monitor removed.

CLEAR LIQUID DIET

Clear Fruit Juice – White Grape Juice and Apple Juice

Clear soup – Broth or Bullion Soups

Popsicles – No Red or Purple

Plain Jello – No Red or Purple

Hard Candies

Soda – 7-up, Sprite, cola

Kool-Aide or Gatorade – No Red or Purple

Coffee & Tea

YOU MAY **NOT** HAVE THE FOLLOWING:

Milk or Milk Shakes

Non-Dairy Creamer

Orange Juice

Tomato Juice

Alcoholic Beverages

Orange or Red Soda

Please call our office if you have any questions (563-383-2686).