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GASTROENTEROLOGY
Buffalo Medical Group, P.C.

PREPARATION FOR CAPSULE ENDOSCOPY

You will need to purchase (1) Bottle of Magnesium Citrate, this is sold over the counter at your pharmacy.

If you have a pacemaker or defibrillator you may NOT have this test done. Please notify the office of this so we can discuss with your physician.

Do not take iron pills or supplements 5 days prior to your scheduled capsule endoscopy.

You will need to avoid medications that coat your digestive tract as they interfere with the exam.

If you are taking narcotics for any reason, you will need to stop 3 days prior.

If you are a diabetic, please contact your Primary Care Physician. They will need to regulate the dose of your insulin for the day of the procedure.

THE DAY BEFORE THE PROCEDURE:

1. You will be on a clear liquid diet (see below) all day.
2. At 5:00pm drink (1) bottle of Magnesium Citrate.
3. Nothing to eat or drink after midnight.

THE DAY OF THE PROCEDURE:

1. Wear loose fitting, 2 piece clothing.
2. Nothing to eat or drink for 4 hours after the capsule has been swallowed.
3. You may have a light snack after the 4 hours are up.
4. It is important that you are active and moving around after you have taken the capsule. This will allow the capsule to pass naturally through the digestive tract.
5. No strenuous activity can be done as excessive perspiration will cause the contacts to come off.
6. While wearing the monitor, it is important to check the unit every 15 minutes. The green flashing light should be on continuously. If the light goes out or changes color to yellow please notify our office immediately.
7. Call our office if you experience any abdominal pain or nausea.
8. Avoid MRI xray machines while wearing the monitor.
9. You may resume you regular diet after the monitor has been removed.

A CLEAR LIQUID DIET means: No milk or milk products; no solid foods; no products containing red or purple dyes. Most cola soft drinks like Pepsi and Coke have red dyes.

You can have water, clear broth, bouillon, coffee/tea (without milk or non-dairy creamers), sherbet, strained fruit juices without pulp, Gatorade, popsicles, carbonated and non-carbonated soft drinks, kool-aid, Jell-O.

REPORT TO: 9 LIMESTONE DRIVE

TIME: 8:15 am arrival and return at 4:15 pm

DATE _____