



Naugatuck Valley
Gastroenterology
Consultants, LLC

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Capsule Endoscopy Preparation

For diabetic patients, please follow the diabetic instruction sheet and **contact your doctor that manages your diabetes for the instructions regarding adjustment of your diabetes medication.**

DAY BEFORE CAPSULE ENDOSCOPY

1) **CLEAR LIQUID DIET:** Start clear liquids at 12 noon after light breakfast and continue until 10pm. Any liquids you can see through are acceptable (i.e., water, fruit juice without pulp, tea, black coffee, clear broth/bouillon, ginger ale, lemon-lime soda, lemonade, Gatorade/sports drink, Jell-O). You may not have any soft/solid food or any milk/dairy products. Do not drink any red or purple liquids. In addition, please do not take any fiber products (i.e. Citrucel, Benefiber or Metamucil).

2) **MAGNESIUM CITRATE:** You will need one 10 ounce bottle of magnesium citrate (lemon-lime NOT red). Drink the bottle around 2pm (followed by two glasses of water). If necessary, drinking it over ice and/or mixing it with water/juice may make it easier to drink. This laxative is required to properly clean out your colon in order to have a high quality and complete inspection of your small intestine.

3) **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT**

ON THE DAY OF CAPSULE ENDOSCOPY

DO NOT EAT OR DRINK ANYTHING ON THE MORNING OF THE EXAM

Dress in comfortable, loose fitting, two-piece clothing. Avoid wearing lipstick.

You can take your morning medications 2 hours after ingesting the capsule when you can start drinking clear liquids again.

You can start eating 4 hours after ingesting the capsule

It takes approximately 8 hours for the capsule to pass through your entire digestive system.

Please return the data recorder to our office at the end of the day.