



Naugatuck Valley
Gastroenterology
Consultants, LLC

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Capsule Endoscopy Preparation

Diabetic patients may need to **contact your doctor that manages your diabetes for the instructions regarding adjustment of your diabetes medication.**

Please let us know if you have a pacemaker, defibrillator and/or any other cardiac monitoring device

DAY BEFORE CAPSULE ENDOSCOPY

1) **CLEAR LIQUID DIET:** Start clear liquids at 12 noon after light breakfast. 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.