

CAPSULE ENDOSCOPY INSTRUCTIONS

Arrival Date/Time: _____

7 Days before Procedure	3 Days before Procedure	1 Day before Procedure	Morning of Procedure
<p>DO NOT EAT No Nuts or Seeds for 7 days.</p> <p>You will NOT need a driver.</p> <p>DIABETICS: If you wear an insulin pump, contact the Diabetes Clinic at (828) 298 –7911, extension 5356 for instructions.</p>	<p>Stop taking these medications until after procedure:</p> <ul style="list-style-type: none"> • Dicyclomine • Loperamide • Colestipol <p>Resume medications after procedure as directed.</p>	<p>DIABETICS: Take HALF (½) of usual dose of insulin. Take diabetes pills as usual.</p> <p style="text-align: center;">DO NOT TAKE</p> <ul style="list-style-type: none"> • Iron Pill (Ferrous Sulfate/Gluconate) • Multi-Vitamin with Iron <p>At 12 PM, take 2 bisacodyl tablets and start drinking clear liquids. (See clear liquid list on back page)</p> <p>Mix your prep and refrigerate.</p> <p>At 4 PM, drink half the prep over 2 hours. Discard the remainder.</p> <p>After 10 PM, NOTHING TO EAT OR DRINK until after procedure.</p>	<p>Take morning medication before 6 AM with a sip of water:</p> <p style="text-align: center;">DO NOT TAKE:</p> <ul style="list-style-type: none"> • Diabetic Pills • Insulin • Lactulose • Sucralfate • Lactobacillus • Psyllium powder • Psyllium seeds • Simethicone • Magic mouthwash <p>YOU WILL NEED TO RETURN THE BELT AND RECORDER BOX TO THE HOSPITAL 8 HOURS AFTER INGESTING THE CAMERA CAPSULE.</p>

(Turn page to see clear liquid list)

Drink plenty of fluids while on a clear liquid diet.

****NOTE: Do Not drink red or purple liquids ****

****NOTE: Do Not drink alcoholic beverages ****

The following items **are** allowed on a clear liquid diet:

- Water (plain, carbonated or flavored)
- Black coffee or tea (**NO** cream or dairy)
- Fruit juices without pulp, such as apple, white cranberry or white grape (**NO** grapefruit, orange or red cranberry juices)
- Fruit-flavored beverages, such as lemonade (without pulp) or Kool-Aid
- Carbonated drinks, such as Sprite, 7Up, ginger ale, seltzer, and dark sodas (cola and root beer)
- Sports drinks, such as Gatorade/Powerade
- Clear broths (with **NO** particles of dried food or seasoning)
- Hard candy, such as lifesavers
- Ice popsicles (without milk, fruit, seeds, or nuts)
- Gelatins, such as Jell-O
- **If you have DIABETES: Be sure to drink liquids with and without sugar**



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