

METROPOLITAN GASTROENTEROLOGY, P.C.
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NAME: _____

Monday Tuesday Wednesday Thursday Friday

SCHEDULED DATE: _____/_____/_____ TIME: _____ AM/PM

****** PLEASE ARRIVE 15 MINUTES PRIOR TO YOUR APPOINTMENT TIME. ******

LOCATION: _____

CAPSULE ENDOSCOPY PREPARATION

NOTE: STOP ANY IRON OR IRON CONTAINING PILLS, FIVE DAYS BEFORE THE PROCEDURE.

THE DAY BEFORE THE PROCEDURE:

- You may have a light breakfast before 11 a.m., after that you may not eat any other type of solid foods throughout the rest of the day. We advise patients to have clear liquids which include coffee, tea, clear fruit juices (apples or white grape), broth or bouillon (no chicken or noodles), no salads, no fruit, no meat, non-red gelatin desert, Gatorade, Soda (Sprite, Ginger Ale, 7-UP, Seltzer), Water.
- The last CLEAR LIQUID MEAL MUST before 9 p.m. After 9 p.m. Do not eat or drink except for necessary medication with a sip of water.
- Do not take any medication beginning 2 hours before undergoing capsule endoscopy. Abstain from smoking 24 hours prior undergoing capsule endoscopy.

THE DAY OF YOUR PROCEDURE:

- If you have to take any medication in the morning, it must be 2 hours before the procedure, or you can take it 2 hours after the procedure.
- Arrive at your physician's office at the prescribed time for your capsule endoscopy dressed in loose fitting clothing.
- If you have pacemaker or other implanted electromedical devices, you should stay away from any MRI or other electromagnetic field while wearing the data recorder.
- 2 hours after the procedure starts you can drink clear liquids
- 4 hours after procedure starts continue with clear liquids
- 6 hours after the procedure starts you can eat solid food
- 8 hours after the procedure starts, you must return to the office and you may resume normal diet.
- Please be sure to report back to the office at the time you are instructed to.

**Please notify the office within <u>48 hours</u> for Cancellation*
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*The office will call you to confirm your appointment. If we cannot reach you, please call back to confirm your appointment.

If you have any questions, please contact our office at the above number.
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