

Dr. Shahla Rah MD, FACC

Website: [www.ocgastrodoc.com](http://www.ocgastrodoc.com)

113 Waterworks Way, Suite #340

P-949-650-6700

Irvine, CA 92618

F-949-650-6707

---

**CAPSULE ENDOSCOPY PREPARATION:**

**FIVE DAYS BEFORE EXAM:**

1. Discontinue Iron Supplements.

**24 HOURS BEFORE EXAM:**

1. No Carafate or Antacids 24 HOURS prior to examination.
2. No SMOKING for 24 HOURS prior to examination.

**ONE DAY BEFORE EXAM:**

1. Drink only clear liquids only starting at 12:00pm (Noon-Lunch Time). *Clear liquids allowed; Gatorade or PowerAde, Water, Clear fruit juices, Clear sodas, Bouillon or Chicken broth, Plain Jell-O, Popsicles, plain black coffee, or tea. NO SOLID FOODS ALLOWED. NO MILK, CREAMER, OR DAIRY PRODUCTS, NO RED, PURPLE OR GREEN COLORS/DYES. \*Refer to Clear Liquid Diet Form*
2. Take **two (2)** Dulcolax Tablets at 12:00pm with clear fluids.
3. Take one (1) bottle of Magnesium Citrate 10 oz. at 4:00pm.

**DAY OF THE EXAM:**

1. Take any "Critical Meds" (Heart, Blood Pressure, Seizure, Etc.) at least two hours before the capsule ingestion, or two hours after you swallow the capsule.
2. Diabetics- Should take ½ your usual dose of diabetes medication on the day of the exam. (Consult your doctor if needed).
3. Wear loose comfortable two piece clothing and undergarments. Shave your chest or abdominal area if it is excessively hairy. No Lotions or powders are to be applied to the abdominal area the day of the exam. During the exam sticky pads with sensors and wires will be placed on your abdomen. You will swallow the capsule and be fitted with a belt containing the recorder that you will wear throughout the day.
4. While wearing the recorder do not enter airports, no swimming -Do not get the equipment wet. Do not get near any other patient with the same recording equipment as yours.
5. You must return to the office at the schedule time listed below to have the sensors and recorder removed. **DO NOT ATTEMPT TO REMOVE THE EQUIPMENT YOURSELF**
6. You will be able to drink liquids two hours after swallowing the capsule and have a light lunch (sandwich) four hours after swallowing the capsule.
7. **AVOID-MRI Machines during the procedure and until after the Capsule passes. If you have an MRI scheduled within the next 14 days it should be postponed, until the Capsule passes.**

# Clear Liquid Diet

A clear liquid diet may be used before a test or surgery to make sure your digestive tract is empty. The digestive tract is the path that food takes through your body as it is digested.

## What can I eat and drink while on a clear liquid diet?

### **Beverages (drinks):** NO PURPLE OR RED LIQUIDS!

- Clear juices (such as apple and white grape), strained citrus juices or fruit punch.
- Mild tea, without cream or milk.
- Mineral, bubbly, or plain water.
- Clear soft drinks like ginger ale, lemon-lime soda, or club soda. (No cola or root beer.)
- Clear sports drinks.

### **Other:**

- One scrambled *or* hardboiled egg for breakfast
- Clear soup broth
- One packet **Plain** Ramen noodle for lunch
- Plain popsicles. Avoid popsicles with pureed fruit or fiber in them.
- Hard candy.
- Flavored gelatin, such as Jell-O® without fruit. You may also drink gelatin as a warm beverage before it sets.

***\*You may have as much water as you would like***