

# Procedure Instructions - Video Capsule Endoscopy

## 1 Week Before Exam

Discontinue medications containing iron. This includes multivitamins with iron.

## 1 Day Before Exam

At noon, begin a clear liquid diet (NO red or purple liquids):

- Water
- Clear broth or bouillon
- Coffee or tea (without milk or non-dairy creamer)
- Gatorade, Pedialyte, or Powerade
- Carbonated & non-carbonated soft drinks
- Kool-Aid or other fruit-flavored drinks
- Strained fruit juices (no pulp)
- Jell-O, popsicles and hard candy

## 10 Hours Before Exam

Stop drinking all liquids.

## Day of Exam

- You may take necessary medications up to 2 hours before your exam with 4 oz of water.
- Our staff will discuss your medication schedule and any additional instructions with you when you arrive.
- Our staff will place a belt with sensors across your abdomen.
- For your comfort, please wear an upper garment of thin, natural fiber cloth (such as a T-shirt) that is long enough to reach the hip level. When you leave your exam You may drive yourself home after the procedure.