

# **BOWEL PREP INSTRUCTIONS FOR CAPSULE ENDOSCOPY**

YOUR CAPSULE ENDOSCOPY IS SCHEDULED AT

\_\_\_\_\_  
DAY: \_\_\_\_\_ DATE: \_\_\_\_\_ ARRIVAL TIME: \_\_\_\_\_ AM/PM

Follow-up Appt: DAY: \_\_\_\_\_ DATE: \_\_\_\_\_ TIME:  
\_\_\_\_\_

You will need to purchase 1 - 10oz bottles of Magnesium Citrate at any pharmacy. These items will not be furnished by our office.

## **PREP INSTUCTIONS**

**Do not take your iron pills for 3 days prior to your procedure.**

\_\_\_\_\_The day before your procedure,

- ALL DAY LIQUID DIET (see attached)
- 6 PM Drink 1 10oz. bottle of Magnesium Citrate (NO RED FLAVORS)

**8 HOURS PRIOR TO YOUR PROCEDURE NOTHING TO EAT OR DRINK INCLUDING GUM AND NO SMOKING OR SMOKELESS TOBACCO OR YOUR PROCEDURE WILL BE RESCHEDULED.**

If you take blood pressure, heart or breathing medications, you may take these with a **small sip of water** 2 hours before your arrival time for your procedure.

If you develop symptoms like SEVERE ABDOMINAL PAIN, FEVER, RECTAL BLEEDING OR VOMITING BLOOD after you procedure and you cannot reach the office, you will need to go the **EMERGENCY ROOM AT UNIVERSITY MEDICAL CENTER ONLY.** If you live outside of Lubbock, please go to your nearest Emergency Room.

If you have any questions please contact our office at **761-0747.**

**RESULTS ARE NOT GIVEN OVER THE PHONE**

## CLEAR LIQUID DIET GUIDELINES

**\*\*\*\*\*NO LIQUIDS CONTAINING RED DYES\*\*\*\*\***

BEEF OR CHICKEN BOUILLION SOUP  
APPLE JUICE  
WHITE GRAPE JUICE  
WHITE CRANBERRY JUICE  
JELLO OR POPSICLES (NO CHERRY/STRAWBERR/RASBERRY)  
GATORADE (BLUE/GREEN/PINK)  
COFFEE (NO CREAMER)  
SODAS (SPRITE/MOUTAIN DEW/7UP)  
WATER  
FLAVORED WATER  
ICED OR HOT TEA