Small Bowel Capsule Study

ONE DAY BEFORE THE PROCEDURE

1. **You may have a normal breakfast, then clear liquids only for the remainder of the day.**
2. **You cannot have milk or orange juice for the entire day.**
3. Drink as much as you can to prevent dehydration. You may have bouillon, broth, black coffee (sugar and artificial sweeteners are okay), tea (honey is okay), juice (apple, grape, cranberry), Gatorade, lemonade, soda (regular or diet are okay), water, Popsicles and Jell-O (any flavor or color). Taking red Jell-O and red Gatorade may turn your bowel movements red and should be limited.
4. You may have clear candy (such as Lifesavers, Jolly Ranchers and gummy bears).
5. Do not take oral diabetic pills.
6. At **4:00pm** take two (2) tablespoons of Milk of magnesia.
7. You can have clear liquids until **10:00pm**, nothing by mouth after 10:00pm including water.
8. Wear light colored, loose, thin cotton shirt (required for recording equipment). No dresses.
9. Do **NOT** apply lotion or oil to chest or abdomen.
10. **NO MRI scans until confirmation that you have passed the capsule.**

THE MORNING OF THE PROCEDURE

1. You should take any necessary medications you normally use on the morning of the procedure with **sips** of water before 5:00am.
2. Arrive at your scheduled arrival time.

AFTER CAPSULE PLACEMENT DAY OF THE PROCEDURE

1. You will need to continue to fast until approximately 11:00am, you resume a clear liquid diet.
2. At approximately 1:00pm, you can start having solid foods.
3. You will have to come back to the office between 3:00pm and 4:00pm to have the capsule disconnected.

QUESTIONS OR PROBLEMS

1. Daytime phone number is (314) 997-0554.
2. After hours number is (314) 388-6578.
3. Internet website address is www.Gidoctor.net
4. Billing contact is (833) 415-5585

_____ **Day of the week** _____ / _____ **Date (month and day)** _____:_____ **AM/PM Arrival time** _____:_____ **AM/PM Procedure Time**

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