



## Preparing for your Capsule Endoscopy (This is a two-day appointment)

**The Procedure:** This procedure involves ingesting a small (size of a large vitamin) capsule that will pass naturally through your digestive system while taking pictures of the intestine. After twelve hours, you will remove the Recorder Belt and return it to your physician for processing. In order for your physician to get the most accurate information from this examination, you will need to follow the instructions below:

### **Items to purchase at your pharmacy:**

- One bottle of magnesium citrate
- Phazyme 250mg

**Five Days prior:** Stop all iron

### **Day before appointment:**

- Abstain from smoking 24-hours prior to your procedure
- Clear liquid diet from 12:00pm (noon) the day before your procedure
- Take one bottle of magnesium citrate at 6:00pm
- Drink plenty of clear liquid after taking the laxative
- Do not drink anything after midnight
- Take two tabs of Phazyme 250 two-hours prior to the procedure

### **DO NOT EAT OR DRINK ANYTHING THE DAY OF PROCEDURE**

### **After Pill Cam SB Capsule Ingestion:**

- Do not eat or drink anything for at least six-hours after swallowing the pill. After six-hours, you may have a light snack and take your medications.
- The recording lasts approximately twelve hours. After twelve hours from swallowing the pill, you may disconnect the equipment.
- Avoid any strenuous physical activity. **DO NOT BEND OVER** during capsule recording.

**NEXT DAY RETURN EQUIPMENT BEFORE 11:00AM TO 600 MAMARONECK AVE, SUITE 301**