

Arrival Time \_\_\_\_\_

Arrival Date \_\_\_\_\_

Doctor \_\_\_\_\_

Shapiro Building, 725 Albany Street 6<sup>th</sup> Floor, Boston MA 02118

## Preparation Instructions for Capsule Endoscopy

### 7 Days Before Your Appointment

- If you are taking **Iron** pills (e.g. Ferrous sulfate), **stop taking them until after the test.**
- Take all of your other usual medications

### 2 Days Before Your Appointment

- Drink plenty of liquids - at least 8 glasses of water/fluids today.
- STOP eating high fiber foods such as vegetables and beans** until after your test. You **can** eat all other types of foods today.

### The Day Before Your Appointment

- DO NOT EAT ANY SOLID FOOD OR THICK LIQUIDS AFTER 12 PM NOON.**
- YOU MAY HAVE A CLEAR LIQUID DIET ONLY
- Examples of CLEAR LIQUIDS are: water, apple juice, clear broth, Jell-O, tea/coffee **without** milk/cream, sodas, sports drinks, and popsicles, but **nothing red colored.**



### The Day of Your Appointment

- Do not eat or drink anything** on the morning of your procedure.
- Dress in loose fitting, 2-piece clothing
- If you have diabetes:** Take half the dose of your insulin on the day of procedure and skip diabetes pill(s) unless directed otherwise. You should check your blood sugar level in the morning.
- Take all of your other regular medications** at least 2 hours prior to your test.

If you can not keep this appointment or have questions, please call 617-638-6525.