

Shapiro Building, 725 Albany Street 6th Floor, Boston MA 02118

Preparation Instructions for Capsule Endoscopy

Today

- Plan time off of work for the day of your colonoscopy.
- You **MUST** have an escort to come into the hospital and take you home after the colonoscopy so start making these arrangements.

7 Days Before Your Appointment

- Fill prescription for the laxative. If you don't have it call patient navigator (number below)
- Stop** taking Iron pills. Multi-vitamins **can** be continued.



2 Days Before Your Appointment

Please ignore all other bowel preparation instructions from any other sources including pharmacist, medicine package inserts, friends/relative and the internet.)

- Drink 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

ALL DAY TODAY FOLLOW A STRICT CLEAR LIQUID DIET. DO NOT EAT ANY FOOD OR THICK LIQUIDS AT ALL!! Examples of clear liquids are: water, apple juice, broth(NOT SOUP WITH THINGS IN IT) Jell-O, tea/coffee **without** milk/cream, sodas, sports drinks, and popsicles, but **nothing red colored**.

- 6 PM** Place mixed laxative solution inside of the fridge to cool (no ice cubes)
- 8 PM** Drink **half** of the Laxative Solution – 1 cup every 10-15 minutes



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 please call 617-638-6525.

If you have any questions please contact the Patient Navigator 617-414-2494/617-414-2640