

Beverly Hills Digestive Care

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Capsule Endoscopy Instructions

You are being scheduled for a capsule endoscopy. This is a small camera that you swallow which will take pictures of your intestines. Images will be sent wirelessly to a hard drive that you will carry. Please arrive at our office at 8:30 am. You will need to return to the office at 4:30 pm on the same day to return the device. Please follow these instructions:

1. Five days prior to the procedure, stop taking any medications with Iron or vitamins containing Iron. You may take your regular medications with a sip of water.
2. **Starting in the morning, on the day prior to your procedure**, take ONLY clear liquids for breakfast, lunch and dinner. No Solid foods.
3. No food or drink after midnight prior to procedure.
4. In the morning of you procedure, take one dose of Miralax (one packet or one capful) in 8 oz of water at 6:30 AM.
5. Please inform us of any history of bowel obstruction, abdominal surgery, pacemaker or other implanted electronic medical devices, and if you have any difficulty swallowing food or large pills.
6. Please wear two-piece loose fitting clothing for the procedure.
7. Please arrive at 8:30AM. You will need to return to the office at 4:30.
8. Avoid electromagnetic fields such as MRI until the capsule has passed.

- CLEAR LIQUID DIET -

◆Water, filtered juices (apple, grape, cranberry) Gatorade® drink, tea (hot or iced), coffee (no cream), clear broth, Jell-o, popsicles, soft drinks, hard candy.

◆Liquids cannot be murky or foggy appearing