

## CAPSULE ENDOSCOPY PREP INSTRUCTIONS

The capsule endoscopy is a capsule you swallow that contains a miniature video camera. The camera takes pictures of your small intestine as it passes through. It transmits the pictures to a data recorder that you will wear on a belt. The test takes approximately eight hours to complete.

Your endoscopy will take place at:

Our office:

**2186 Geary Blvd, Suite #320 - San Francisco, CA 94115**

Your Endoscopy is scheduled for: \_\_\_\_\_

### **IMPORTANT - Please let us know if you have the following:**

Implanted pacemaker or other implanted electrical devices

Trouble swallowing

Possible obstruction or stricture in the GI tract

History of GI surgery and/or radiation of the abdomen for cancer

### **7** DAYS BEFORE YOUR ENDOSCOPY

- Pick up your prescription for Suprep at your pharmacy. Also purchase Simethicone ('Gas Relief', Gas-X) 125 mg tablets. You will need to have 6 tablets.

### **5** DAYS BEFORE YOUR ENDOSCOPY

Review diet instructions and plan your meals

Stop taking medicines for diarrhea - such as imodium, Lomotil or Pepto Bismol.

Stop taking fiber supplements - such as Metamucil, Citrucel or Perdiem

Stop taking iron pills or multi-vitamins that contain iron

Last chance to cancel/reschedule your procedure appointment without incurring a **CANCELLATION FEE of \$200**

### **3** DAYS BEFORE YOUR ENDOSCOPY

- **STOP** eating any raw vegetables or vegetables containing seeds (cooked vegetables are OK). No corn, popcorn, nuts, seeds, and stop any fiber supplements until after the colonoscopy.

*TIP: Avoiding seeds, nuts, and fibrous foods will yield a more effective bowel cleansing and allows your doctor to perform a more thorough examination.*

### **2** DAYS BEFORE YOUR ENDOSCOPY

- Increase your fluid intake, drink a minimum of 8 glasses of clear liquids.

## 1 DAY BEFORE YOUR ENDOSCOPY

- Begin a “Clear Liquid Diet.”

### **Clear liquids include:**

#### **IMPORTANT: nothing red or purple!**

- Gatorade, Pedialyte, or Powerade
  - Clear broth or bouillon
  - Coffee or tea (no milk or non-dairy creamer)
  - Carbonated and non-carbonated soft drinks (Coke is OK)
  - Coconut water (no pulp)
  - Kool-Aid or other fruit-flavored drinks
  - Jello, popsicles (not containing any pieces of fruit)
  - Gummy Bears
- Between 4 and 6 pm: Take three 125-mg Simethicone tablets prior to drinking the SuPrep solution. Pour one 6-ounce bottle of Suprep liquid into the mixing container; add cold water to the 16-ounce line on the container and mix. Drink all of the liquid in the Suprep container.

▪ *TIP: If you experience nausea while drinking the solution, take a 30-45 minute break and continue drinking the solution at a slower pace.*

- After drinking the prep solution, drink 32 ounces of water over the next 2 hours.



## THE DAY OF YOUR ENDOSCOPY

- Do NOT take Carafate (sucralfate) or any antacids.
- Prepare and drink the second bottle of SuPrep just like you did with the first bottle. Take three 125-mg Simethicone tablets prior to drinking the SuPrep solution. Drink the SuPrep solution 5-6 hours before your arrival time. Drink all of the liquid in the SuPrep container.
- After drinking the SuPrep solution, please drink 32 oz. of water.
- Make sure to take your morning blood pressure or heart medications 2-3 hours before your arrival time.
- You must complete your SuPrep solution and **discontinue all clear liquids** 2 hours prior to your arrival time.
- Please wear comfortable, loose clothing. Do not use lotions or powders on the abdominal area the day of the exam. You will be fitted with a belt containing the data recorder.
- After swallowing the capsule do NOT eat or drink anything for two hours.

- After two hours have passed you may have a sip of water. After four hours, you may have half a sandwich and salad.
- After swallowing the capsule and until the time it is excreted you must NOT be near a magnetic resonance imaging (MRI) machine or schedule an MRI examination.
- Return to the doctor's office at 4:30pm to have the equipment removed.

BRING THE FOLLOWING:

- Photo ID
- Insurance Card

For any preparation-related questions, please send the office a portal message (if you have signed up for a portal account) or call our main office at [\(415\) 749-6900](tel:4157496900). You can also view our website at [www.sfgimd.com](http://www.sfgimd.com) for additional information.

Thank you,

*THE SFGI TEAM*

Hours: Monday-Friday 9-5 PM and closed during lunch from 12 PM - 1 PM.