



## **CAPSULE ENDOSCOPY**

***PLEASE READ CAREFULLY AND FOLLOW THE INSTRUCTIONS BELOW TO ENSURE THE SUCCESS OF YOUR PROCEDURE***

NOTE: Hold iron supplements for 2 days and iron infusions for 5 days prior to procedure

### **THE DAY BEFORE THE EXAM:**

- You will be on a clear liquid diet for the entire day. Please see the Clear Liquid Diet informational sheet. As a reminder: nothing red, blue or purple in color nor any alcoholic beverages should be consumed.
- At 3:00PM, take 2 Dulcolax tablets.
- At 5:00PM, mix an 8.3oz bottle of Miralax with 64oz of Gatorade. Drink an 8oz glass of the mixture every 10-15 minutes until it is gone.
- At 8:00PM, take the other 2 Dulcolax tablets.
- DO NOT eat or drink after 10PM, except for your necessary medications with small sips of water.
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### **THE DAY OF EXAM:**

- Arrive at the SOGA Farmington office at 7:45am located at:  
23133 Orchard Lake Rd., Ste. 200  
Farmington, MI 48336
- Dress in comfortable, loose-fitting clothing. Be sure to wear a cotton T-shirt under your clothes, as the sensor belt must be worn on top of it. The sensor belt cannot be worn over synthetic fabric.
- After swallowing the capsule, you may not have anything to eat or drink for at least 2 hours.
- After 10AM, you may have clear liquids. Refer to the Clear Liquid Diet informational sheet.
- Return to the clinic at 3:45pm to return the sensor belt.
- After ingesting the capsule and until it is excreted, you should not be near any source of powerful electromagnetic fields, such as an MRI device.
- The Capsule Endoscopy lasts approximately 8 hours and then is considered complete. DO NOT disconnect the equipment or remove the belt at any time during this period.

Any questions, please call us at (248) 579-9220 and we will be happy to assist!

## CLEAR LIQUID DIET DO's and DON'Ts

The clear liquid diet is designed to keep your stomach and intestines clear.

It also limits strain on your digestive system while giving your body enough fluid.

If you have any questions about what foods and beverages are allowed, please contact the office.

DRINKS THAT ARE OK	DRINKS THAT ARE NOT OK
Water, plain, carbonated or flavored	Pulpy juices, such as orange, pineapple and grapefruit
Tea or coffee <b>without</b> milk, cream or nondairy creamer	Milk Products (Dairy and Non-Dairy)
Sports drinks with electrolytes	Milk shakes
Carbonated drinks and beverages	Malt
Fruit juices such as apple or white grape. NO PULP	Alcoholic drinks

FOODS THAT ARE OKAY	FOODS THAT ARE NOT OKAY
Clear broth, Bouillion	Vegetables
Honey	Fruits
Hard candies	Meat or Poultry products
Gelatin <b>without</b> fruit	Bread
Popsicles <b>without</b> milk, bits of fruit, seeds or nuts	Pasta
Sugar	Rice, grains
Fruit ices	Cereals
Sorbet <b>without</b> milk, bits of fruit, seeds or nuts	Seeds, nuts, popcorn, corn, beans and legumes