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Capsule Endoscopy Procedure Instructions

The Day before the Procedure

- Abstain from smoking 12 hours prior to undergoing the procedure.
- After lunch (no later than noon) start a clear liquid diet.
  - i.e. water, chicken broth, apple juice, tea (no milk).
  - Please drink plenty of liquids.
- Between noon and 5 pm drink at least 32 ounces of water or Gatorade (not red).
- After 10 pm do not drink anything.
- Medications can be taken with a small amount of water in the evening.

The Day of the Procedure

- Do not take any medication in the morning before you arrive at the office.
- Wear loose fitting clothing. You will be wearing a vest with monitor for 10-12 hours.
- For the first 2 hours after ingesting the SB Capsule do not eat or drink anything.
- It is important to move during the procedure so please make sure to walk around throughout the day, especially during the first 2 hours.

After Ingesting the SB Capsule

- After 2 hours you will be able to resume a **clear liquid** diet only.
- At 2 hours you can take your medication.
- After 4 hours you can have a light lunch - **Nothing Red**
- After 8 hours you can resume a normal diet.
- Take the vest off right before going to bed and place it aside to return to the office the following morning.

Important Things to Know

- Bring equipment back to the office no later than 10:00 a.m.
- No MRI for 2 weeks following the procedure.
- Contact your physician immediately if you experience abdominal pain, nausea, or vomiting.
- Please call the office at [redacted] should you have any questions or concerns.

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