

**BOWEL PREPARATION INSTRUCTIONS FOR CAPSULE ENDOSCOPY
DR. BENITEZ**

YOU HAVE BEEN SCHEDULED FOR A DIAGNOSTIC PROCEDURE CALLED SMALL BOWEL CAPSULE ENDOSCOPY TO BE PERFORMED ON

_____ AT _____ ARRIVAL TIME _____

YOU WILL NEED TO REPORT TO PARKWEST HOSPITAL (MAIN ENTRANCE)

LATE ARRIVAL MAY RESULT IN UP TO A 2-HOUR DELAY IN YOUR PROCEDURE

PRE-PROCEDURE INSTRUCTIONS:

FOR THIS EXAMINATION YOU MUST FOLLOW A SPECIAL CLEAR LIQUID DIET FOR PART OF THE DAY PRIOR TO YOUR EXAMINATION.

- BEGINNING ON _____ YOU MAY HAVE BREAKFAST AND LUNCH FOLLOWED BY CLEAR LIQUIDS FOR THE REMAINDER OF THE DAY.
- AT 6:00 P.M. ON _____ YOU WILL START YOUR MIRALAX PREP MIX ¼ OF 4.1oz. BOTTLE OF MIRALAX WITH 32oz. OF WATER AND DRINK OVER 2 HOUR PERIOD.
- TAKE ALL EVENING MEDICATIONS PRIOR TO 10:00 P.M.

DO NOT EAT OR DRINK ANYTHING AFTER 10P.M. ON THE NIGHT PRIOR TO OR ON THE MORNING OF YOUR PROCEDURE.

- DO NOT TAKE ANY MEDICATIONS BEGINNING 2 HOURS BEFORE UNDERGOING CAPSULE ENDOSCOPY. YOU MAY TAKE USUAL MEDICATIONS AT 9:00 A.M. ON THE DAY OF THE EXAMINATION.

MEDICATIONS:

- IF YOU HAVE SPECIFIC MEDICAL PROBLEMS SUCH AS SEVERE HIGH BLOOD PRESSURE OR ANGINA, YOU MAY TAKE YOUR MORNING MEDICATION WITH A SMALL SIP OF WATER AT LEAST 2 HOURS BEFORE UNDERGOING PROCEDURE. IF YOU TAKE INSULIN FOR DIABETES, TAKE ¼ YOUR USUAL DOSE THE EVENING BEFORE AND MORNING OF YOUR PROCEDURE.
- IF YOU TAKE IRON SUPPLEMENTS, PLEASE DISCONTINUE FOR FIVE DAYS PRIOR TO EXAM.
- ABSTAIN FROM SMOKING 24 HOURS PRIOR TO UNDERGOING CAPSULE ENDOSCOPY.

IF YOU HAVE ANY QUESTIONS OR HAVE AN EMERGENCY ON THE DAY OF YOUR EXAM SUCH THAT IT MUST BE RESCHEDULED, PLEASE CALL THE OFFICE AT 865-539-5372 OPTION 2.

PLEASE BRING I.D., INS. CARDS AND LIST OF CURRENT MEDICATIONS WITH YOU

(OVER)

CLEAR LIQUID DIET

DAY BEFORE PROCEDURE

TEA (decaffeinated or regular)
BLACK COFFEE (NO CREAMER/MILK)
CARBONATED BEVERAGES (clear or light colored only)
FRUIT FLAVORED DRINKS
GREEN TEA
LEMONADE
GATORADE (NO RED OR PURPLE)
POWERADE (NO RED OR PURPLE)
WATER

BOUILLION (BEEF OR CHICKEN)

JELL-O (NO RED OR PURPLE)
POPSICLE (NO RED OR PURPLE)

SUGAR
HONEY
SYRUP
HARD CANDY (NO RED OR PURPLE)
SALT

4 DAY PRE-PROCEDURE DIET—FOODS ALLOWED

MEAT—FISH, CHICKEN, PORK, TURKEY AND GROUND BEEF
PASTA—NO RED SAUCE
WHITE RICE
DAIRY—CHEESE, MILK, PLAIN YOGURT
EGGS
WHITE BREAD