

CAPSULE ENDOSCOPY PREPARATION

Capsule endoscopy involves ingesting the small NaviCam capsule, which is the size of a large vitamin. The capsule will pass naturally through the digestive system and transmit a wireless signal to a data recorder vest worn by you for 8 hours. When your test is completed, you will return to our office for the removal of the data recorder. We then download the video for Dr Dahlstedt to view. This capsule is disposable and will be excreted naturally in your bowel movement. In order to obtain the best images possible, please follow the instructions below very carefully.

DIET: After lunch on the day before the procedure, start a liquid diet (broths, jellios, water, strained fruit juices, and clear soda pop). Avoid dark liquids i.e.: coffee, dark tea, colas, etc. Avoid red and purple products. It is perfectly OK and preferred to drink plenty of clear liquids. Please do not eat anything solid after 2:00 pm, even small bites will seriously impair imaging. Continue clear liquids until 10:00 pm. Do not eat or drink anything after 10:00 pm.

BOWEL PREP:

1. Please obtain (or receive from our office) simethicone tablets (Gas X, Phazyme, etc). You will need a dosage between 100-200 mg. This helps clear bubbles that interfere with imaging. (Don't get too obsessed with the exact dose!)
2. Take two capsules between 6:00-8:00 pm on the day before the procedure.
3. Also between 6:00-8:00 pm, drink at least 32 ounces of clear liquids. This should include 12 ounces of a carbonated liquid, such as 7-Up or ginger ale.
4. Take two more simethicone capsules between 6:00-7:00 am the morning of procedure
With a small amount of water, otherwise nothing to eat or drink.

MEDICATION INSTRUCTIONS:

Please refrain from taking any form of **oral iron** for one week before the procedure.
You should also hold any of your morning medications noon.

Diabetic patients: If you are insulin dependent, take half of your usual insulin dose the day before and the morning of your capsule endoscopy. If your diabetes is controlled by oral medication, do not take your medication the night before or morning of.

GLP-1 Inhibitors for diabetes or weight loss:

You must hold these injections for at least 7 days prior to procedure.

Examples: Ozempic/Wegovy (semaglutide), Trulicity (dulaglutide), Mounjaro/Zepbound (tirzepatide), Saxenda/Victoza (liraglutide), Adlyxin/Rybelsus (lixisenatide), etc.

DATE OF PROCEDURE: _____ **TIME:** _____