

| VIDEO CAPSULE ENDOSCOPY INSTRUCTIONS W/ Mag Citrate | |
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| PLEASE PURCHASE | <ul style="list-style-type: none"> • Magnesium citrate (10 oz bottle) • Simethicone (Gas Ex) Chewable tablets |
| 7 DAYS BEFORE | <ul style="list-style-type: none"> • Stop fiber supplements and iron supplements, including multivitamins |
| 1 DAY BEFORE | <ul style="list-style-type: none"> • MORNING: <ul style="list-style-type: none"> ○ Eat a light breakfast <u>before 10 am</u> the day before the procedure. ○ After breakfast, consume only clear liquids including iced/hot tea, black coffee, clear broth, apple or white grape juice, gingerale, jello, ice pops (no red, purple, or orange color liquids) ○ Do not smoke for 24 hours prior to the procedure • 6PM: Take Magnesium Citrate <ul style="list-style-type: none"> ○ Drink the 10 oz bottle of magnesium citrate ○ Next drink at least three 8 oz glasses of water or other clear liquid ○ Drink ALL of this liquid within an hour ○ This will result in loose stools similar to a colonoscopy preparation • AFTER 10PM: Do not eat or drink anything. No candy or gum. • PATIENTS WITH DIABETES: <ul style="list-style-type: none"> ○ Consult with your prescribing doctor about medication adjustments the day before and the day of the procedure |
| DAY OF PROCEDURE | |
| BEFORE COMING TO THE OFFICE | <ul style="list-style-type: none"> • Do NOT eat or drink anything in the morning. • Do NOT take your regular medications <ul style="list-style-type: none"> ○ <u>Bring your medications to the test. You will be able to take your medications 4 hours after you swallow the video capsule.</u> • Chew two Simethicone (Gas Ex) tablets before coming to the office. • Wear a two-piece outfit with a loose fitting, cotton top that extends below the waist |
| ON OFFICE ARRIVAL | <ul style="list-style-type: none"> • 8AM: Arrive for check in and sign consent form <ul style="list-style-type: none"> ○ A Sensor Belt will be placed around your waist and connected to small Data Recorder which you will wear over your shoulder ○ You will swallow a capsule the size of a large vitamin with water |

**AFTER
SWALLOWING THE
CAPSULE**

- **DIET GUIDELINES:**
 - **Do not eat or drink for 2 hours after swallowing the capsule.**
 - **After 2 hours** you may **drink clear liquids.**
 - **After 4 hours** you may have a **light lunch** and **continue clears.**
- **SPECIAL INSTRUCTIONS:**
 - **The Capsule endoscopy lasts approximately 8 hours.** You do not have to remain in the office during this time.
 - **Do not disconnect the equipment or remove the belt at any time during this period.**
 - You must **stay away from** any source of powerful electromagnetic fields, such as **MRI or amateur (HAM) radio, until the capsule is passed in your stool.**
 - During the testing period, you will need to **confirm every 15 minutes that the small green/blue light on top of the recorder is blinking.** Contact the office immediately if the blinking stops
 - **Return to the office 8 hours after swallowing the capsule** to have the equipment removed.
 - **After the examination** is completed you may **return to your normal diet.**
 - The capsule will pass in your stool over the coming days; you do NOT need to retrieve the capsule.

WHEN TO CONTACT THE OFFICE (212 427 8761)

- If you suffer from any abdominal pain, nausea or vomiting during or after the Capsule Endoscopy.
- The Capsule light stops blinking blue during the exam or should you encounter other technical difficulties