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CAPSULE ENDOSCOPY INSTRUCTIONS

DAY BEFORE THE EXAM

The day before the exam you may eat a regular breakfast. The rest of the day you may only have full liquids (yogurt, milkshakes, etc.) and clear liquids.

A prescription for Nulytely/Trilyte will be ordered by your gastroenterologist in preparation for the capsule endoscopy. Drink one half gallon of the Nulytely/Trilyte in 8oz glasses between 8:00pm and 10:00pm.

Please take any medications you are on before 10:00pm. You need to stop drinking and eating after 10:00pm .

DAY OF THE EXAM

Wear comfortable clothing. Your upper garment must be cotton, loose fitting and must not have buttons or zippers.

Please take simethicone ex: Mylanta Gas (2 tablets) or Gas-X (1softgel) approx.15 minutes before the exam (between 7:30 am and 7:45 am). This is over-the-counter and can be purchased at any drug store without a prescription. You may swallow this with a very small amount of water if necessary.

You are not allowed to have anything to eat or drink for 2 hours after swallowing the capsule. You can only have clear liquids at 10:00 am and a light lunch at 12 noon. You can take your daily medications at this time (12:00 pm).

You do not need a driver for this exam. Please arrive at 8:00 am for the test. You can go to work with wearing the belt as long as there are not two-way radios or strenuous activity involve with your work. You can lie down and rest while wearing the belt, just don't lay on the battery pack or the memory pack. You may remove the belt at 6:00 pm and will need to bring it back to the office the next morning at 8:00 am.

You will receive the results of the test from your physician in approximately 10 days.