

Preparation Instructions for Capsule Endoscopy

Arrival Time: 8:30am

Patient Name: «FirstName» «LastName»

Procedure Date: «encDate»

To ensure the best results for your small bowel Capsule Endoscopy please be sure follow these instructions carefully and completely.

Medication Instructions

- **On the day of your procedure** please avoid the following medicines; aspirin, aspirin products (e.g., Alka-Seltzer, BC Powder, etc.), non-steroidal anti-inflammatory drugs, (e.g., Ibuprofen, Nuprin, Advil, Aleve, Motrin, etc.)
- **Do not take iron pills** for 7 days prior to your procedure.
- **Diabetic patients** if you take an oral hypoglycemic “sugar pill” do not take it the day of your procedure. If you are taking insulin, you should only take half (1/2) of your usual scheduled insulin dose the night before and nothing the morning of your procedure.
- **All other prescribed medications** should be held the day of your procedure until the procedure is complete unless otherwise recommended.

SUPREP Instructions

You will need to drink a laxative solution called SUPREP to clean your colon. You must complete the entire prep to ensure the most effective cleansing. You will purchase one SUPREP kit from your pharmacist using the prescription from your doctor. It is important that you eat only clear liquids the day before and the day of your Capsule Endoscopy.

Once you have scheduled your Capsule Endoscopy fill your prescription for SUPREP at your pharmacy as soon as possible.

One day prior to your Capsule Endoscopy: No solid food – Clear liquids only for breakfast, lunch and dinner.

Clear Liquid Diet List

Beverages:

- Soft drinks such as ginger ale, cola, root beer, sprite, 7up, Gatorade, Kool-Aid.
- Fruit juices without pulp such as apple, white grape, white cranberry juice, crystal lite.
- Water, tea or coffee (no milk or non-dairy creamer) sugar or artificial sweeteners.

Bouillon/Broth:

- Chicken, vegetable or beef flavored.

Desserts:

- Hard candies any color.
- Jell-O such as lemon, lime or peach; no added fruits or toppings.
- Popsicle that are colored green, yellow, brown or clear. (No sherbet, ice cream or fudge bars).

Avoid eating or drinking anything colored **red, orange, blue or purple.**

That Morning: Prepare your SUPREP solution

1. Prepare the 1st container of SUPREP Solution. Pour contents of one bottle of SUPREP into Mixing Container. Add Water to the 16-ounce fill line and mix, then refrigerate.

That Evening: Begin your prep at 6:00pm.

2. Drink the entire first container of SUPREP Solution.
3. Drink an additional 32 ounces of a clear liquid of your choice over the next hour.
4. You will have many watery bowel movements that should begin in about 1 hour.
5. Continue drinking clear liquids until bedtime. Prepare the second container of SUPREP and refrigerate for tomorrow mornings dose.

The Day of your Capsule Endoscopy: at: 3:00am

Repeat steps 2 and 3.

No more liquids after: 4:30am until after you swallow the capsule (instructions will be provided).

The day of your Capsule Endoscopy at: 7:30am take 300mg Simethicone (over the counter-Gavison).