

ASSOCIATES IN GASTROENTEROLOGY & LIVER DISEASE

CAPSULE ENDOSCOPY PILLCAM PREPARATION

MAGNESIUM CITRATE

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Appointment Date _____ Appointment Time _____ AM/PM

Location: Lake Forest Office—800 N. Westmoreland Rd., Suite 102, Lake Forest, IL 60045

NOTE: NO PEPTO-BISMOL, IRON SUPPLEMENTS, OR MULTIPLE VITAMINS WITH IRON ONE WEEK PRIOR TO THE PILLCAM PROCEDURE

Purchase at the pharmacy: Magnesium Citrate 8 oz/60 ml

THE DAY BEFORE THE PROCEDURE

Diet Instructions

- Upon rising the day before the procedure, begin your clear liquid only diet. Continue clear liquids through the course of the day until 8:00pm. Thereafter, nothing more to drink.
 - Failure to follow the diet directions and complete the prep as written may result in cancellation of the procedure and repeating the preparation.
- Clear liquids include:
 - Strained fruit juices without pulp (apple, white grape, orange, lemonade, white cranberry)
 - Water, clear broth/bouillon, coffee, tea (no milk or non-dairy creamer)
 - All of the following that are **NOT colored red or purple:**
 - Gatorade or Propel
 - Carbonated and non-carbonated beverages (pop)
 - Kool-Aid (or other fruit-flavored beverages)
 - Popsicles, Italian ices (no sherbets or fruit bars)
 - Jell-O (lemon, lime or orange, no fruit toppings)

Preparation Instructions

1. At 6:00 PM that evening begin drinking the prep solution. Drink eight (8) ounces of magnesium citrate poured over ice. Then continue drinking clear liquids until 8:00 PM.
2. Nothing by mouth after 8:00 PM, including water. No medications after 8:00 PM or on the morning of the procedure.

NOTE: Individual response to laxatives does vary. This prep may cause multiple bowel movements within 30-60 minutes and may take as long as three (3) hours. Please remain within easy access of toilet facilities. Also, consider your bedtime and travel time before drinking the prep. If you have any questions, please call the office at 847-295-1300.

IF YOU ARE DIABETIC – PLEASE INCLUDE THE FOLLOWING DIRECTIONS**Insulin Users**

1. **The day prior to your test** — take ½ of your insulin dose in the morning (which is the day of the clear liquid diet).
2. **The day of the test** — four hours after swallowing the capsule you may eat a light lunch and take ½ of your insulin dose.
3. **The day after the capsule test** — you may resume your normal diet and take your usual insulin dose.

Oral Medication Users

1. **The day prior to your test** — take your usual dose of medication in the morning. Do not take additional evening dose.
2. **The day of the test** — do not take your morning dose.
3. **The day after the capsule test** — you may resume your normal diet and take your usual oral diabetic medication dose.

DURING CAPSULE ENDOSCOPY - PATIENT INSTRUCTIONS

You have just swallowed a capsule endoscope. This sheet contains information about what to expect over the next 8 hours. Please call our office if you have severe or persistent abdominal or chest pain, fever, difficulty swallowing, or if you have any questions. Our phone number is (847) 295-1300.

1. Time of capsule ingestion = _____
2. You may drink clear liquids (water, apple juice) 2 hours after swallowing the capsule. You may eat a light meal 4 hours after swallowing the capsule. You may also take your medications at this time.
3. Do not exercise. Avoid heavy lifting. You may walk, sit, and lay down. You can drive a car. You may return to work, if your work allows avoiding unsuitable environments and/or physical movements.
4. Avoid going near MRI machines and radio transmitters. You may use a computer, radio, stereo, or cell phone.
5. Do not stand directly next to another patient undergoing capsule endoscopy.
6. Try not to touch the recorder or the sensor array leads. Do not remove the sensor array leads.
7. Avoid getting the data recorder or sensor array leads wet.
8. You may loosen the belt to allow yourself to go to the bathroom. Do not take the belt off.
9. Observe the LED light on the data recorder at least every 15 minutes. If the light stops blinking, document the time and call our office.
10. Return to the office at _____ to have the equipment removed.

POST CAPSULE ENDOSCOPY - PATIENT INSTRUCTIONS

You have just had a capsule endoscopy. This sheet contains information about what to expect over the next two days. Please call our office if you have severe or persistent abdominal or chest pain, fever, difficulty swallowing, or if you have any questions. Our phone number is (847) 295-1300.

1. **Pain:** Pain is uncommon following capsule endoscopy. Should you feel sharp or persistent pain, please call our office.
2. **Nausea:** Nausea is also very uncommon and should it occur, please notify the office.
3. **Diet:** You may eat and drink. There are no dietary restrictions.
4. **Activities:** Following the exam, you may resume normal activities, including exercise.
5. **Medications:** You may resume all medications immediately. Do not make up for doses you have missed, just begin your normal dosage.
6. **Further Testing:** Until the capsule passes, further testing which includes any type of MRI should be avoided. If you have an MRI examination scheduled within the next 3 days, the MRI examination should be postponed.
7. **The Capsule:** The capsule passes naturally in a bowel movement, typically in about 24 hours. Most likely, you will be unaware of its passage. It does not need to be retrieved and can safely be flushed down the toilet. Occasionally, the capsule lights will still be flashing when it passes. Should you be concerned that the capsule did not pass, in the absence of symptoms; an abdominal x-ray can be obtained after 3 days to confirm its passage.

Phone: 847.295.1300 • Fax: 847.295.1574

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