

## **Outpatient Video Capsule Endoscopy Instructions**

Your procedure will be done in the Northwestern Medical Faculty Foundation (NMFF) Gastroenterology Clinic, located at **259 East Erie Street** (16<sup>th</sup> floor of the Lavin Family Pavilion). To schedule the procedure, call the procedure scheduling line at 312-695-0437. If you have any questions about the procedure or about these instructions, please call the NMFF Gastroenterology Clinic at 312-695-5620.

Please **DO NOT** schedule an MRI on the day of your capsule endoscopy.

You will need to purchase the following items for the procedure prior to having the procedure:

1. Magnesium Citrate 10 ounces (available over the counter at Walgreens or Osco).
2. Simethicone liquid 160 mg dose (also available over the counter at Walgreens or Osco). Common names for Simethicone are Mylicon, Mylanta Gas, Phazyme and Gas-X.

**If you are taking iron supplements, please stop them a week prior to your procedure.**

You may have a light breakfast the morning before your capsule endoscopy. At noon on the day before your capsule endoscopy, start a clear liquid diet:

**Beverages:** Water, Clear soda (Sprite, Ginger Ale), Clear, Pulp-Free Fruit Juices (Apple juice, White Grape juice), Fruit Flavored drinks, Coffee/Tea (without milk or cream), or any other type of **NON-ALCOHOLIC** clear liquid drink

**Desserts:** Plain Gelatin, Popsicles (any color but red and purple)

**Soups:** Clear Broth or Bouillon (Chicken or Beef)

The evening before your procedure you will drink the Magnesium Citrate no later than 6pm. The Magnesium Citrate will have a laxative effect, so you should have several bowel movements to help clean out your GI tract.

You may have CLEAR liquids until 10 pm the night before the procedure. Nothing to eat or drink after 10 pm, except for the following:

1. At 5 am on the morning of the procedure you will take 160 mg of Simethicone. The simethicone helps decrease the amount of gas bubbles in your intestinal tract making it easier to view the intestinal tract during the video.
2. In addition, you can take any regular medication that you normally take at this time with a few sips of water. Nothing else by mouth.

Once at the clinic you will be hooked up to the sensors, data recorder and belt. This should take about 15 minutes. You will then swallow the video capsule. You are free to leave the clinic after this is completed.

You CANNOT have anything to eat or drink until the following:

**2 hours** after ingesting the capsule you can have clear liquids

**4 hours** after ingesting the capsule you can have a light lunch

You will need to return to the clinic at approximately 4 pm to remove the equipment.