



CAPSULE ENDOSCOPY PREPARATION INSTRUCTIONS



THE DAY BEFORE YOUR PROCEDURE (Starting at 7:00 AM)

- **NO** solid **food** for the whole day.
- Please have **nothing** other than clear liquids for lunch or dinner.
- **DO NOT** drink milk.
- **DO NOT** eat or drink **anything** colored dark red or purple.
- **DO NOT** drink alcoholic beverages.
- You **CAN** drink the following clear liquids:

- 1 Chicken broth (NO noodles or rice)
- 2 Apple or white grape juice
- 3 Clear or yellow soft drinks
(Sprite, 7UP, Ginger Ale, Mountain Dew, Sierra Mist)
- 4 Crystal Light or Kool-Aid lemonade
- 5 Popsicles (no yogurt or ice cream)

- 6 Jell-O (peach, lemon, lime, watermelon, white grape)
- 7 Gatorade or Powerade
- 8 Water
- 9 Strained fruit juices (without pulp)
including apple or orange
- 10 Coffee or tea (NO dairy or non-dairy creamer)



Starting between 2:00 PM and 5:00 PM, take half of the prescribed prep to clean your stomach as prescribed by your doctor.

- Continue with clear liquids until midnight.



THE DAY OF YOUR PROCEDURE

- **NOTHING AFTER MIDNIGHT.**
- A small amount of water is ok until **3 hours** prior to your procedure.



If you have any trouble understanding these instructions or have any questions about the medication prescribed for you, please call our office at **909-655-0300**.

