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## Small Bowel Video Capsule Endoscopy Instructions

Inform your doctor immediately if you have a **pacemaker**.

Small bowel video capsule endoscopy will provide your doctor with pictures of your small intestine. It requires for you to prepare with laxatives. You will swallow the video capsule and carry the DATA RECORDER for a minimum of eight (8) hours. During the 8 hours pictures taken by the capsule will be captured by the DATA RECORDER wirelessly.

### Night Before Exam:

1. Drink only clear liquids for dinner. Follow clear liquid diet below.
2. Prepare one (1) bottle of Magnesium Citrate (10oz) and add six (6) full droppers of Mylicon infant drops (for gas relief) and shake.
3. At 6:00 pm, drink  $\frac{1}{2}$  of the Magnesium Citrate bottle.
4. Save the remainder of the Magnesium Citrate bottle in the refrigerator and continue with clear liquids only.

### Day of Exam:

1. Drink only water in the morning.
2. At 6:00 am drink the remaining  $\frac{1}{2}$  of the Magnesium Citrate bottle until finished.
3. Information about exam:

**DATE of EXAM:** \_\_\_\_\_ **TIME of ARRIVAL:** \_\_\_\_\_

### Other instructions for the day of exam:

1. Please wear a FITTED 100% COTTON T-shirt. This will be worn under the sensor belt.
2. Please do not wear creams, talc's or perfumes around the abdomen area.
3. Please make plans to wear the DATA RECORDER for eight (8) hours and return to our clinic for removal.
4. If needed, please bring someone with you to help with consent form and instructions for your eight (8) hour day.
5. Avoid MRI-Magnetic Resonance Imaging or be in vicinity of an MRI machine.

### CLEAR LIQUID DIET: Avoid all **RED** liquids.

Water, flavored or vitamin water, black coffee only, tea, lemonade, Crystal light, Kool-Aid, clear sodas, Sprite, 7 up, ginger ale, apple juice, white cranberry juice, white grape juice, Jell-O gelatin, popsicle, snow cones, broth (beef or chicken flavor), plain hard candy, gum, gum drops, honey, sugar or sugar substitute.