

## Small Bowel Capsule Endoscopy

### AS SOON AS POSSIBLE:

- Pick up your prescription of Lactulose (60 ML) from your pharmacy
- Please use GoodRX if the medication is too expensive.

### 5 Days Prior to Your Capsule Endoscopy:

- Stop taking all IRON supplements

### 1 Day Prior to Your Capsule Endoscopy:

- Stop taking Carafate, Maalox, Mylanta, Pepto Bismol, and other similar medications.
- Abstain from smoking 24 hours prior to the examination.

### Prep Instructions:

1. You may have a regular breakfast and regular lunch the day before your appointment.
2. After lunch at **1:00 PM**, start a clear liquid diet. See below for food options.

Apple or White Grape Juice (without pulp)	Water, Flavored Waters (no red)
Tea (no cream or nondairy creamer)	Soda (no red)
Coffee (no cream or nondairy creamer)	G2 Gatorade/Powerade (no red)
Crystal Light Drink (no red)	Popsicles (no red)
Gelatin Desserts (without fruit or topping)	Kool-Aid (no red)
Hard Candy	Beef or Chicken Broth
3. At **4:00 PM**, mix 30 mL of Lactulose with 8 oz of water and drink.
4. At **5:00 PM**, mix 30 mL of Lactulose with 8 oz of water and drink.
5. Do not eat or drink anything after **10:00 PM**.
6. You may take your necessary morning medication with a small sip of water the morning of your examination. Do so at least **2 hours before** your appointment.

### The Day of Your Capsule Endoscopy:

1. Arrive at West Georgia Gastroenterology Associates at **8:30 AM** wearing loose fitting, two piece clothing.
2. You will be checked in and asked to give your informed consent. You will also be given a small bowel capsule endoscopy diary to fill out and return with you when your test is complete.
3. After giving consent, you will swallow the PillCam capsule. This capsule electronically connects to a recorder which is worn as a crossbody attached to a waistband belt.
4. After the PillCam is connected to the recorder and ingested, you will be able to leave the office for **7-8 hours**. During this time do not lift, stoop, or bend over. Avoid strenuous activity that may make you sweat.
5. The recorder is a small computer. **Please treat it with care and protect it from damage.** Avoid sudden movements and hitting the recorder on any object.
6. **Do not eat or drink anything 2 hours after ingesting the capsule.** After 2 hours, you may have something to drink.
7. **After 4 hours, you may have a light snack**, such as chicken noodle soup or Jell-O (no red).
8. You will need to come back to the office around **4:30 PM** to return the capsule endoscopy equipment (recorder, belt, and crossbody). The capsule itself will pass through the digestive tract and be excreted through a bowel movement.
9. After ingesting the PillCam- and until it is excreted- **you should not be near any powerful electromagnetic fields**, such as those created by an MRI device or amateur (ham radio).

**If you have any questions or concerns regarding your prep, appointment, or examination, please contact our office at (770) 214-2800.**