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CAPSULE ENDOSCOPY INSTRUCTIONS

DAY BEFORE THE EXAM

The day before the exam you may eat a regular breakfast. The rest of the day you may **only** have full liquids (yogurt, milkshakes, etc) and clear liquids.

A prescription for Nulytely/Trilyte will be ordered by your gastroenterologist in preparation for the capsule endoscopy. Drink one half gallon of the Nulytely/Trilyte in 8 oz glasses between **8:00 pm and 10:00 pm**.

Please take any medications you are on before 10:00 pm. You need to stop drinking and eating after **10:00 pm**.

DAY OF THE EXAM

Wear comfortable clothing. Your upper garment must be cotton, loose fitting and must not have buttons or zippers.

Please take simethicone ex: Mylanta Gas (2 tablets) or Gas-X (1 softgel) approx. 15 minutes before the exam (between 7:30 am and 7:45 am). This is over-the-counter and can be purchased at any drug store without a prescription. You may swallow this with a very small amount of water if necessary.

You are not allowed to have anything to eat or drink for 2 hours after swallowing the capsule. You can only have clear liquids at **10:00 am** and a light lunch at **12 noon**. You can take your daily medications at this time (**12:00 pm**).

You do not need a driver for this exam. Please arrive at **8:00 am** for the test. You can go to work while wearing the belt as long as there are no two-way radios or strenuous activity involved with your work. You can lie down and rest while wearing the belt, just don't lay on the battery pack or the memory pack. Arrive back at the office at **4:00 pm** to have the belt removed.

You will receive the results of the test from your physician in approximately 10 days.