Capsule Endoscopy Preparation Instructions

*Purchase 10oz. of Magnesium Citrate*
(over the counter in the laxative section of any pharmacy)

You have been scheduled for a Capsule Endoscopy on,


at


• Start a CLEAR LIQUID DIET at 12:00pm the day prior to your appointment.
• Between 7:00 and 8:00pm the night prior to your appointment, drink the Magnesium Citrate.
  Continue until finished before going to bed.
• Do not smoke or take any medications within 2 hours of your appointment.

CLEAR LIQUID DIET

(Please select clear liquids from the following list, omitting any RED or PURPLE items)
• Water
• Soft drinks (orange, ginger ale, cola, Sprite, 7-Up, etc.)
• Sports drinks/Gatorade
• Kool-Aid
• Strained fruit juices without pulp (apple, white grape, white cranberry, orange, lemonade, etc.)
• Tea or coffee (no milk or nondairy creamer)
• Low-salt chicken or beef bouillon/broth
• Hard candies
• Jell-O (lemon, lime or orange; no fruit or toppings)
• Popsicles, Italian ice (no ice cream, sherbets, or fruit bars)

*DO NOT DRINK ANYTHING RED OR PURPLE IN COLOR

*DO NOT DRINK ANY ALCOHOLIC BEVERAGES

*IF YOU ARE TAKING IRON SUPPLEMENTS, STOP TAKING THEM 3-5 DAYS PRIOR TO OUR APPOINTMENT