



Thank you for scheduling your procedure/s with us and trusting us with your healthcare needs. Below you will find some useful reminders in regards to your up-coming procedure/s. If you have any questions, please feel free to contact our office at 702-982-7240, Monday to Friday, 8am-5pm or send us an email at lvg@lvgastro.com

Facility Location: LAS VEGAS GASTROENTEROLOGY (LVG)

7315 S. PECOS ROAD, SUITE 101 LAS VEGAS, NV 89120 Phone: 702-855-0550

CANCELLATION POLICY In order to provide the best care and service to our patients, we ask that you notify us 3 days in advance to cancel or reschedule your appointment Please be advised that failure to do could result in a missed appointment fee of \$75. After 3 missed appointments (failure to show or call), you may be discharged from care as a direct result of being non-compliant to treatment.

Capsule Endoscopy Test Preparation instructions



DISCUSS MEDICATIONS and HEALTH CONDITIONS you have with your doctor.

Your doctor will provide instructions for how to appropriately adjust your medications prior to your test. Instructions may include the following changes:

- If you are diabetic, your medications might need to be adjusted. Please consult your prescribing doctor.
- Take scheduled medications at least **3 hours** prior to your test with a small amount of water.
- You might need to stop taking certain medications for this test. Please read below for details.

IF YOU ARE ON ANY MEDICATIONS LISTED BELOW, PLEASE FOLLOW THESE INSTRUCTIONS:



7 DAYS BEFORE YOUR TEST STOP TAKING

- Oral iron.



1 DAY BEFORE YOUR TEST STOP TAKING

- **Pepto-Bismol**
- **Liquid Antacids** - This includes, but is not limited to Maalox and Mylanta.



THE DAY BEFORE YOUR TEST

- Do not drink red or purple-colored liquids.
- At 12 noon start a clear liquid diet. From this point on, you should not eat anything except for clear liquids.

CLEAR LIQUIDS INCLUDE:

- Water, mineral water
- Clear fruit juices without pulp (apple, white grape, white cranberry, lemonade, etc.)
- Clear carbonated and non-carbonated soft drinks or sports drinks
- Store-bought and >99% fat-free broth (chicken, beef, vegetable, or bone broth)
- Popsicles or gelatin (such as Jell-O)
- Coffee or tea (without milk or cream)
- Do not consume any red or purple-colored liquids.



THE NIGHT BEFORE YOUR TEST Do not eat or drink anything after midnight.



THE MORNING OF YOUR TEST

- Take your usual morning medications (including blood pressure medications), at least 3 hours prior to your procedure with a small amount of water. Do not eat, drink, or smoke. (Remember to continue to hold the medications mentioned above.)



DURING THE TEST

- We will place a belt around your lower abdomen. This will need to remain in place for the duration of the study.
- We will also have you wear a recording device that will need to stay in place for the test. (Please treat the equipment with care, so that it does not get damaged.)
- You will be instructed to swallow the capsule with a cup of water. The capsule is the size of a large pill.
- After you swallow the capsule:
 - You may leave the office, but you **must return to our office at 4 pm** or the specified time given to you, to return the equipment. If the equipment turns off or the blue light on the recorder stops flashing, you can return to the office sooner.
 - **Every 15 minutes** you will need to check to make sure there is a blinking blue light on the recorder. If it stops blinking or changes color, return to our office and let us know what time it stopped blinking.
 - **Walk** for 5-10 minutes at a time every 20-30 minutes, so that the capsule can move through your digestive tract.
 - **2 hours after** swallowing the capsule you may drink clear liquids.
 - **4 hours after** swallowing the capsule, you may drink clear liquids and have a light lunch such as a half a sandwich or a bowl of soup. Do not eat or drink anything that is red, purple, or black.
- **Avoid the following:**
 - Strenuous physical activity and do not bend or stoop during the test.
 - Electromagnetic fields such as MRI devices or ham radios after swallowing the capsule until you pass it with a bowel movement.
 - Sleeping during the test.