

# Capsule Endoscopy Instructions



GASTROINTESTINAL & LIVER  
CONSULTANTS

## Appointment Details

Appointment Date: \_\_\_\_\_

Appointment Time: \_\_\_\_\_

Procedure Location: **GILC - Irvine**  
**1400 Reynolds #100**  
**Irvine, CA 92614**  
**P. 657-900-4536**

### 1 DAY PRIOR TO THE PROCEDURE

- You may have a light breakfast and lunch. **After 12PM, you will start a clear liquid diet.**

#### Clear Liquid Diet

- Water
- Black coffee (NO cream or milk)
- Green tea
- Clear sodas (Sprite, 7-Up, Mountain Dew, Ginger Ale)
- Clear juices (apple juice, white grape juice, lemonade)
- Light-colored sports drinks
- Crystal Light
- Chicken broths
- Gelatin flavors (Jell-O) with no fruit added, **no reds, purples or other dark colors**
- Popsicles

**AVOID** citrus juices, milk products

**NOTHING TO EAT OR DRINK AFTER 10PM** the night before your capsule endoscopy and in the morning.

### DAY OF THE CAPSULE PROCEDURE

- Morning of the procedure, at **7:15AM**, take one capsule of **Reglan** and one capsule of **Erythromycin** with a small sip of water.
- Arrive at GILC at **8:15AM**, wearing loose-fitting, two-piece clothing. You will return to our office at **4:00PM** to have the Data-Recorder removed.
- Do NOT lift, stoop, or bend over during the procedure. Also, avoid strenuous activity that will make you sweat.
- After ingesting the PillCam SB, and until it is excreted, you should not be near any source of powerful electromagnetic fields, such as the one created near an MRI device or amateur (ham) radio. Occasionally, some images may be lost due to radio interference. On rare occasions, this may result in the need to repeat the SB Capsule Endoscopy examination. The physician may then advise you to stay within the premises of the Endoscopy Center to prevent this problem from reoccurring.
- The Capsule Endoscopy lasts approximately 8 hours. Do not disconnect the equipment or remove the belt at any time during this period. Since the Data-Recorder is a small computer, it should be treated with the utmost care and protection. Avoid sudden movement and banging of the Data-Recorder.

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## Policies

Gastrointestinal and Liver Consultants encourage you to investigate your insurance coverage, benefits prior, and any co-pays to having your procedure.

We understand that there are times when you must miss a scheduled procedure due to unexpected issues and/or obligations for work or family. However, when you do not call to cancel or reschedule, you may be preventing another patient from getting much-needed treatment. Conversely, the situation may arise where another patient fails to cancel, and we are unable to schedule a procedure for you due to a seemingly “full” appointment book.

If a procedure is not canceled or rescheduled at least 2 business days in advance of your appointment you will be charged a \$125 fee.

This fee will not be covered by your insurance company.