

□ **JAMES D. TOROSIS, MD**

Name: _____

□ **VICKY W. YANG, MD**

Date/Time: _____

□ **DANIEL S. RENGSTORFF, MD**

Arrival Time: _____

□ **CYNTHIA W. LEUNG, MD**

Date Of Birth: _____

LOCATION: _____

Capsule Endoscopy

Preparation Instructions

Five Days Before the Procedure: stop taking any Iron supplements

Two Days Before the Procedure: Add water to the Colyte/NuLyte container, following the instructions on the gallon container. Place in the refrigerator overnight to chill.

One Day Before the Procedure: Please abstain from smoking for 24 hours prior to having the capsule. It interferes with the movement of the capsule through the intestine.

◆ **After 12 Noon, you may not have any solid foods. You may drink only CLEAR LIQUIDS.** Acceptable clear liquids include: coffee/tea with sweetener only, beef/chicken broth, apple juice, white grape or white cranberry juices, Gatorade, soda pop, popsicles, and Jell-O. Please, no red or purple colors.

At **3PM**, you will begin drinking only half of the Colyte gallon (2 Liters) over a 2 hour period of time. This is about 8oz every 15 minutes. Save the remaining 2 Liters to bring with you the day of your exam- you should place this back in the refrigerator.

After **Midnight**, you may not have anything to eat or drink. Do NOT take your morning medications, unless instructed otherwise.

The Day of the Procedure:

◆ ***Bring the remaining 2 liters of preparation solution with you. You will drink a small amount when you ingest the capsule.***

◆ Do not use lotions or creams on your abdomen or lower chest.

◆ Male patients: If you have hair on your chest/abdomen, please shave from the level of your nipples down to your hips/waist. This helps the sensors to stay on your body during the eight hour procedure.

◆ Please arrive dressed in loose fitting, two-piece clothing. If possible, wear a top with buttons that open in the front.

◆ Plan to return the equipment about 8 hours after you swallow the capsule. Detailed instructions will be given to you the day of your test. You can call the Atherton Endoscopy Center, if you have any other questions, (650)363-2800.