

M2A CAPSULE ENDOSCOPY PRE-OP INSTRUCTIONS
PLEASE READ ALL INSTRUCTIONS

DAY BEFORE PROCEDURE:

1. You may eat a normal diet until noon. From noon to 10:00 PM you may have **clear liquids only**. NO red Jell-O, popsicles, Gatorade, fruit punch etc. Take any medications you are prescribed to take by 10:00 PM.
2. Nothing to eat or drink after 10:00 PM until the procedure. No smoking after midnight. Do not take any medication the morning of your procedure.
3. Medications:
 - Do not take any iron or multi vitamins that contain iron for **4 days** prior to the procedure.
 - Do not take Carafate, Mylanta or Maalox for 24 hours prior to the procedure.
 - Purchase 1 bottle of **Magnesium Citrate** at any drug store. **Drink** the entire bottle at **7:00 PM** the night before the procedure. (again, NO red flavor)
4. Hairy men should shave their abdomen at home, from below the nipple line to the groin.
5. You should wear a button down shirt the day of your procedure.

DAY OF PROCEDURE:

1. Do not take any medications the morning of your procedure. You will be able to resume your medications and clear liquids two hours after swallowing the pill cam.
2. You will be able to resume a normal diet of solid foods four hours after swallowing the pill cam.
3. If you are more than 15 minutes late, the procedure will not be done.
4. You may drive and go about your daily activities after leaving our office. You should however avoid metal detectors.

HOSPITAL: _____

DATE: _____

TIME OF ARRIVAL: _____

TIME OF PROCEDURE: _____

If you have any questions, please call 919-881-9999.