

## Yuma Gastro

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### Capsule Endoscopy Preparation

**Patient Name:** \_\_\_\_\_

**Day and Date of capsule:** \_\_\_\_\_

**Arrive at:** \_\_\_\_\_ \*A 48 hr. notice is required for cancellation of procedure.\*

If you have any questions regarding your preparation, please call Yuma Gastro at (928) 344-4325.

**MEDICINE:** Seven days prior to exam, stop iron.

**PURCHASE:** One (1) bottle of Magnesium Citrate (10oz.) at any pharmacy.

#### Day before Capsule

- May eat a light breakfast by 9 a.m.
- **NO SOLID FOOD INTAKE AFTER 9 a.m., Clear liquids only.**
- **Diabetic Medications:** Take half the usual dosage of insulin or pills.
- **Other Medications:** Take as scheduled (at normal times).

#### Evening Before Capsule

- **At 7pm,** drink the entire bottle of Magnesium Citrate.
- Continue to drink plenty of clear liquids.

#### Morning of Capsule

- **Have nothing to eat or drink**
- Wear loose fitting, 2-piece clothing.
- **If you are insulin dependent, take only ½ of your regular dose of insulin.**
- Bring your morning medications with you. You may take them 2 hours **after** swallowing the capsule.
- Be prepared to answer the following questions:
  - What are you allergic to?
  - What medications are you taking?
  - Do you have difficulty swallowing?
  - Do you have a pacemaker?
  - Do you have Diabetes?
  - Are you pregnant?
  - Have you ever had a bowel obstruction or blockage?
  - What is your weight?
  - What is your height?
  - What is your waist size?

**CLEAR LIQUID** is any liquid that you can see through. Examples: apple juice, white grape juice, sports drinks. Do not drink milk or juices with pulp. Avoid red and purple drinks.