

GASTROENTEROLOGY AND HEPATOLOGY CENTER
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CAPSULE ENDOSCOPY PREPARATION INSTRUCTIONS

5 DAYS PRIOR TO THE PROCEDURE:

STOP TAKING: iron pills or vitamins with iron and fish oil

STOP EATING: nuts, seeds, corn, pepper (spice), multigrain bread, tomatoes, lettuce, other raw vegetables, and the skin of fruits. (This list refers to the whole forms of foods; ground up, smoothies, or shakes of these are okay!)

1 DAY PRIOR TO THE PROCEDURE:

Stop all tobacco products.

Consume only clear liquids all day as soon as you wake up! No solid foods allowed.

CLEAR LIQUIDS ALLOWED: Any liquids that are not red or purple in color and do not contain solid food. (i.e. mandarin oranges in jello) Liquids that are acceptable are: water, black coffee, clear tea, coffee substitutes, carbonated beverages (i.e. cola, ginger ale, etc.), Jell-O gelatin without food particles, ices, clear fruit juices, broth, bouillon, Gatorade, PowerAde and similar products. **Avoid all milk products.**

At 6:00 PM the night before your procedure, begin drinking the one dose of SUPREP

- . Pour one 6 ounce bottle of Suprep liquid into the mixing container.
- . Add cool drinking water to the 16 ounce line on the container and mix.
- . Drink all the liquid in the container within 1 hour.
- . ****IMPORTANT!** You must drink 2 more 16 ounce containers of water over the next one hour.
- . Continue to drink clear liquids.

NOTHING BY MOUTH PAST 10 PM THE NIGHT PRIOR

DAY OF THE PROCEDURE: Arrive at INOVA Loudoun Hospital Registration by **6:30 AM**. Further instructions on the day of the capsule endoscopy will be given by the Gastroenterology Endoscopy staff.