



Preparing for Your Capsule Endoscopy

Medications

- Continue your regular medications, including blood thinners — you do **not** need to stop blood thinners for this test.
- If you take **insulin**, please contact your prescribing physician for dosing instructions before your procedure.

One Week Before

Stop all multivitamins and iron supplements.

Day of the Procedure

- Take scheduled heart & blood pressure meds with small sips of water; otherwise arrive on an empty stomach.
- Plan to be at the facility 30–60 minutes.
- No eating or drinking for **4 hours** after swallowing the capsule.

The Day Before Your Test

- Have a regular breakfast and a light lunch.
- After lunch, no solid foods. Clear liquids only — Gatorade, Powerade, coffee or tea (no creamer), jello, broth, water, apple juice — until midnight.

2:00 PM

Take **4 Dulcolax tablets** (OTC). Included if you are using the EZ2GO prep kit.

4:00 PM

Take **magnesium citrate**.

Rest of Day

Clear liquids only — **nothing to eat after midnight**.

Questions about your upcoming procedure? Call us at **(713) 497-1143** during regular office hours.

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