

• What Is Capsule Endoscopy?

Capsule endoscopy uses a small, pill-sized camera that you swallow with water. As it travels naturally through your digestive tract, it captures thousands of images of the **small intestine**—an area traditional endoscopy and colonoscopy cannot reach.

The images are transmitted wirelessly to a recorder worn on a belt. The disposable capsule normally passes naturally within **24–48 hours**.

Why it is done

To evaluate unexplained gastrointestinal bleeding or iron-deficiency anemia, diagnose or monitor Crohn's disease, and investigate chronic abdominal pain or diarrhea not explained by other tests.

A One Week Before

Stop taking **multivitamins and iron supplements**.

If you take blood thinners such as Coumadin, Plavix, or Eliquis, you **do not need to stop them** for this test. Call the office with questions.

B Day Before Your Test

Have a **regular breakfast** and a **light lunch**.

After lunch, have **clear liquids only**—no solid food—until midnight.

✓ Clear Liquid Guide

APPROVED CLEAR LIQUIDS

- Water, clear broth, or bouillon
- Lemon-lime or ginger ale soda
- Jell-O with no red, blue, or purple color
- Apple juice or white grape juice
- Tea or black coffee—no milk or cream
- Popsicles with no red, blue, or purple color

AVOID

- Red, blue, or purple drinks
- Milk, cream, or other dairy products
- Alcohol
- Any solid food after lunch

Remember: after lunch, clear liquids only until midnight.



Capsule endoscopy system

The capsule sends images wirelessly to a recorder worn on a belt.

1–4 Preparation at a Glance

1 One Week Before

Stop multivitamins and iron supplements.

2 Day Before

Regular breakfast, light lunch, then clear liquids only.

3 2:00 PM

Take 4 Dulcolax tablets (over the counter).

4 4:00 PM

Take magnesium citrate as instructed.

☐ Procedure Checklist

- | | |
|---|--|
| ☐ 4 Dulcolax tablets | ☐ Magnesium citrate |
| ☐ Approved clear liquids | ☐ Appointment date and time |
| ☐ Photo ID | ☐ Insurance card |

Capsule Endoscopy Preparation Instructions

Timeline, procedure-day guidance, and appointment details

Continue to follow any personalized directions provided by the clinic.

(713) 497-1143

shayagiclinic.com

Rx C. Bowel Prep Timeline

You will take the bowel-cleansing preparation as prescribed. The clinic will specify your kit at scheduling; the example below uses the EZ2GO kit.

2:00 PM	Take 4 Dulcolax tablets (over the counter). These are included when using the EZ2GO prep kit.
4:00 PM	Take magnesium citrate as instructed.
Rest of Day	Clear liquids only. Nothing to eat after midnight.

Stay near a bathroom once you begin the preparation.

D D. Day of the Procedure

Food and drink

Nothing to eat or drink **except water up to 3 hours before your appointment.**

Morning medications

Take your usual morning medications with small sips of water unless told otherwise.

What to wear

Wear comfortable, loose-fitting clothing.

Arrival

Arrive **30–60 minutes early**. Bring a photo ID and insurance card.

You may drive yourself to and from this test.

No sedation is used for capsule endoscopy.

? Questions?

If you have any questions about your preparation, please call our office at **(713) 497-1143**.

Thank you for your cooperation—careful preparation is key to a clear, thorough examination.

Next Appointment

Date: _____

Time: _____

Location: _____

Willowbrook

13644 Breton Ridge Street, Suite B
Houston, Texas 77070

Please arrive 30–60 minutes early. Bring a photo ID and your insurance card.



Avoid Strong Magnets

Do not have an MRI until the capsule has passed and has been confirmed on X-ray, if instructed.



Contact Shaya GI

Phone: (713) 497-1143

Website: shayagiclinic.com

Email: info@shayagiclinic.com

Willowbrook: 13644 Breton Ridge St, Suite B, Houston, TX 77070

Tomball: 455 School St, Suite 10, Tomball, TX 77375

Call during regular office hours if any instruction is unclear.