

## PATIENT INSTRUCTIONS FOR VIDEO CAPSULE STUDY PREP

### THE DAY BEFORE THE PROCEDURE

You can have a regular breakfast

**AFTER 11 AM:** Only clear liquids (chicken broth, clear fruit juices, Jell-O, water ice, soft drinks, coffee or tea) for lunch and dinner. NO MILK, CREAM OR ANY OTHER DAIRY PRODUCTS.

**AT 12:00 NOON:** Empty 1 Pouch A & 1 Pouch B into the container. Add water to the top line (1Liter). Mix thoroughly and drink an 8 ounce glass of the Pouch A and B mixture every 15 minutes. Continue to drink clear liquids all day.

**AT 6:00 PM:** Repeat above instructions. Continue to drink liquids until 10 pm. Take your evening medications at this time. Nothing to drink after 10 pm.

**THE MORNING OF THE TEST:** Drink an 8 oz bottle of water. Take your morning medications at this time. Bring an 8 oz bottle of water with you to your test.

**\*IF YOU HAVE A PACEMAKER OR DEFIBRILLATOR, THIS TEST CANNOT BE DONE. PLEASE CALL OUR OFFICE AS SOON AS POSSIBLE**