

# UNC REX Digestive Healthcare

## **M2A CAPSULE ENDOSCOPY PREPARATION**

Name \_\_\_\_\_ Date \_\_\_\_\_ Arrival Time \_\_\_\_\_

Location: Digestive Healthcare – 2417 Atrium Drive Suite 150 Raleigh, NC 27607

The procedure involves placing a belt with built-in electrodes around your abdomen, activating the capsule, and administering the capsule by mouth. The capsule is the size of a large vitamin. To complete the testing, you will be asked to return 8 hours after the procedure to have the equipment removed. A nurse will complete the test and you will not see the physician during the procedure.

\*\*If you have had any abdominal surgeries such as bowel resections, or have major scars on your abdomen, please let us know immediately. If you have a PACEMAKER or DEFIBRILATOR, you may not be a candidate for the procedure. Your physician will advise you.

If you are taking iron supplements, please stop them 5 days prior to the test.

### **The day before the procedure:**

1. You may have a regular diet until noon. From noon until 8pm, you may only have clear liquids. Clear liquids are tea, coffee, soft drinks, Gatorade, Jell-O, or broth. **DO NOT HAVE ANY MILK OR DAIRY PRODUCTS.** Please avoid anything red or purple in color.
2. At 7pm, please drink 1 bottle of magnesium citrate (not red). Again, you may have clear liquids until 8pm.
3. Please take all daily medications by 8pm the night before the procedure. If you take Carafate, do not take any for 24 hours prior to the procedure.
4. **DO NOT HAVE ANYTHING TO EAT OR DRINK AFTER 8PM THE NIGHT BEFORE THE PROCEDURE.**
5. Do not take any antacids on the day before or the day of the procedure.

Once you arrive for the procedure, the nurse will give you instructions regarding medications, food, and liquids for the day.

**Please call nursing at 791-2040 with any questions.**