

# DIGESTIVE HEALTHCARE

## M2A CAPSULE ENDOSCOPY PREPARATION

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

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

To complete the testing, you will be asked to return 8 hours after the procedure to remove the electrodes that will be placed on your abdomen. A nurse will complete the test and you will not see the physician during the procedure.

The procedure involves applying 8 electrodes on your abdomen, activating the capsule, and administering the capsule by mouth. The capsule is the size of a large vitamin.

\*\*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 after noon.** Please avoid anything red or purple in color.
2. At 7pm, take 3 doses of Miralax (over-the-counter). Each dose is 17 grams.
3. Please take all daily medications by 8pm the night before the procedure. If you take Carafate, do not take any 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 antacids 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.

\*\*For men who have a lot of hair on their chest and abdomen, we request that you shave from below the nipple to the groin.

Please wear a front button shirt with pants or a skirt to the procedure.

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