

Capsule Endoscopy Preparation

Magnesium Citrate Care Instructions

Antioch Department of Gastroenterology
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General Instructions

This examination requires cleaning of the small intestine. Magnesium Citrate has been developed to be a comfortable preparation for you.

What is a “clear liquid” diet?

- As a rule – if you can see through it, you can drink it – water is great!
- Gatorade is the preferred clear liquid (no red or purple).
- If you are diabetic or have renal insufficiency, water is preferred. Other items:
- Clear fruit juices, white grape juice and apple juice
- Kool-Aide, Powerade (no red or purple), Crystal Light
- Clear soup, broth or bouillon
- Popsicles (no red or purple)
- Tea or coffee without cream
- Hard candies
- Soda pop (no red or purple), 7-Up, Sprite, regular or diet Pepsi and Coke
- Ginger Ale, orange soda
- Jell-O (no red or purple)

Day prior to your Capsule Endoscopy

1. Purchase One 10.oz bottle of MAGNESIUM CITRATE from any pharmacy or drug store.
2. Take ONLY CLEAR LIQUIDS for the entire day before the procedure. Do not consume any solid food that day.
3. Take your normal medications with sips of water.
4. Drink the bottle of Magnesium Citrate at 6 p.m. this will cause diarrhea. You may drink some additional clear liquids along with this.
5. Do not eat or drink after 8 p.m. the night before the test.
6. Abstain from smoking for 24 hours prior to the procedure.

Day of Examination

1. Do not take any medications beginning 3 hours prior to having the procedure (5 a.m.)
2. Arrive at the Antioch Sand Creek Building no later than 8 a.m.
3. Please make sure you are wearing loose fitting, two piece clothing. Shirt should be light weight as sensor belt will be placed over shirt.
4. You will be able to leave the facility for the day during the test, but you will need to stay locally. This is in case there is a problem with the data-recorder and you need to return to the clinic. You will receive a list of instructions regarding diet and exercise while you have the data-recorder on.
5. Please return to the clinic at 4:30 p.m. to have the equipment removed.

Any questions or concerns please call 925-295-4080 option 2 or 925-813-3700 option 3 for the Advice Nurse.