

# Capsule Endoscopy Preparation Instructions

## Check in:

- 7:45-8:00AM with our front office staff
- If you arrive later than 8:00 am, we will be unable to proceed with the Capsule Endoscopy.

## About Capsule Endoscopy:

A Capsule Endoscopy is a procedure in which a small wireless camera inside a vitamin-sized capsule is swallowed and takes thousands of pictures of your gastrointestinal tract. The pictures are then transmitted and saved to a recorder on a belt that is around your waist.

## What to bring and do prior to your procedure:

- You should plan on being at our facility for at least 10 minutes.
- Read prep instructions THOROUGHLY.

## Weight Loss/Diabetes Medications:

- **GLP-1 Agonists:** including Mounjaro (tirzepatide), Trulicity (dulaglutide), Victoza, Saxenda (liraglutide), Adlyxin (lixisenatide), Ozempic, Wegovy (semaglutide subcutaneous), Bydureon BCise (exenatide extended-release), Byetta (exenatide), Rybelsus (semaglutide tablet), Stop the oral or injectable medication one week prior to your test.

## If you have diabetes, follow these instructions:

- **Long-Acting Insulins** (ex. Lantus, Basaglar, Semglee, Toujeo, Insulin Glargine): Decrease basal rate by  $\frac{1}{2}$  the day before and the day of your procedure.
- **Rapid-Acting and Regular Short-Acting Insulin** (ex. Lispro, Humalog, Admelog, Regular Insulin): If your blood sugar is high and you need to take a correction, take  $\frac{1}{2}$  or 50% of your usual correction. This applies to the day before and the day of your procedure.
- **Insulin Pump:** Decrease basal rate by  $\frac{1}{2}$  the day before and the day of your procedure. Do not administer bolus doses.
- **Other Diabetic Oral & Injectable Medications** (ex. Metformin, Glipizide, Sulfonylureas, Tradjenta, Dipeptidyl Peptidase IV (DPP IV) Inhibitors, Januvia, Janumet, Sodium-Glucose Cotransporter-2 (SGLT2) Inhibitors): Do not take the day before or the day of your procedure.
- **Check your blood sugar at same intervals as usual, and additionally, if needed:** If your blood sugar is less than 60, please take glucose tablets at any time before your procedure with a sip of water.

## Procedure Cancellation Notice Requirements:

- Procedure cancellations must be made **three (3) business days prior to your appointment.**
- Failure to provide the required advance notice will result in a **\$50 Total Cancellation Fee.**

# Checklist to Ensure Proper Preparation

To ensure the proper completion of your procedure, we strongly suggest that you **PRINT OUT** this document and check off each of the instructions as you complete them.

## 5 days before your exam:

- DO NOT** take products that contain iron such as multi-vitamins or iron supplements.
- Contact our office** if you have specific concerns with the medications you are taking: **303-604-5000**

## 1 day before your exam:

- You may have a light breakfast in the **morning**, but after 9 am, begin a **clear liquid diet**.
- If you have **diabetes**, please see Diabetes instructions on page 1.
- You can have clear liquids up **until 10 pm - NO solid foods**.
- AFTER 10 pm, please take NOTHING by mouth**, not even medication.
- Do NOT smoke or chew tobacco 24 hours prior to your exam**, it may cause issues with your procedure.
- The charts below will show you **clear liquid diet examples** of what you can and cannot drink:

### CLEAR LIQUIDS - YOU CAN DRINK:

Gatorade, Pedialyte, Powerade, Kool-Aid
Gatorade G2, Propel, Crystal Light
Popsicles
Jell-o, Juice without Pulp (ex. Apple Juice)
Black Coffee
Tea, Water
Clear Sodas (ex. Sprite, Ginger Ale)
Sparkling water

### DO NOT DRINK:

<b>NO</b> red or purple liquids
<b>NO</b> Milk or non-dairy creamers
<b>NO</b> Alcohol
<b>NO</b> Broth or soup
<b>NO</b> Juice with Pulp (ex. pineapple juice)
<b>NO</b> Liquid you cannot see through
<b>NO</b> Apple Sauce
<b>NO</b> Smoothies

## The day of your exam:

- No medication should be taken **before 10 am the day of your exam**. You CAN resume medications 2 hours after ingesting the capsule.
- Please wear comfortable, loose, two-piece clothing.
- Do NOT arrive to your exam later than 8:00 am**. We will not be able to proceed if you do.
- At the office, you will ingest the capsule, and have the equipment attached to you.
- You may have clear liquids **2 hours after** swallowing the capsule.
- You may have a light meal **6 hours after** swallowing the capsule.
- PLEASE RETURN TO THE OFFICE BETWEEN 4:00-4:15 PM TO HAVE THE EQUIPMENT REMOVED.**  
This should only take a few minutes.

## Instructions/expectations following the exam:

- After ingesting the capsule and until it is excreted, you should not be near any electromagnetic fields, such as an MRI device or amateur (ham) radio.
- We will not need the pill after it is excreted.
- It will be approximately 2 weeks before the report is available. Your provider's nurse or medical assistant will contact you with the results. If you have any questions, please contact our office.