

**CAPSULE ENDOSCOPY PREPARATION INSTRUCTION**

The following are the instructions that you will need to follow prior to your Capsule Endoscopy. Please try to follow them as closely as possible to ensure a successful procedure. It is possible that you may feel abdominal cramping, rectal discomfort, some rectal bleeding, tiredness and headaches during the preparation. Should any of these symptoms become significant or you have concerns about them, please contact us at 713-795-4444.

**Failure to take this preparation as indicated below may result in a poorly cleansed colon and possible cancellation of the procedure.**

**One week before the procedure:**

1. Stop aspirin and all aspirin-containing medications. Call us with any concerns.

**One day prior to the procedure:**

1. **Clear Liquid Diet until midnight** (NO dairy products!)

Clear Liquid Includes: Water, Jell-O (nothing red or purple color), apple juice, white grape juice, clear broth, soda (any, but NO cream sodas), bouillion, coffee without cream (sugar is OK), tea, popsicles.

2. **Take 4 tablets Dulcolax at 10am, mix Half-Lytely Solution** and put it in the refrigerator (it goes down better when it is cold!)
3. **Start drinking Half-Lytely Solution at 4:00p.m.** (8 ounces every 10 minutes until it is finished)
4. **Do NOT eat or drink after midnight.**

**Day of the procedure:**

1. **Remember to bring Reglan 10 mg tablets (you will need them for your procedure)**
2. You may take your heart/blood pressure/diabetes medications in the morning (with a small amount of water).

**Special instructions:**

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➔ Please bring with you the names and phone numbers of any physicians that are to receive a copy of the procedure report.

**Results:** You will be contacted by the medical assistant within 14 business days regarding your results.

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*Dr. Raijman's medical assistant: Natalia: (713)795-4444 \* 103 or [natalias@dahpa.com](mailto:natalias@dahpa.com)*

*Dr. Escalante's medical assistant: Daicy: (713) 795-4444 \*110 or [daicyg@dahpa.com](mailto:daicyg@dahpa.com)*

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**We appreciate your efforts in helping us to help you.  
All of us at Digestive Associates of Houston, P.A. thank you and wish you well.**