

# WESTCHASE GASTROENTEROLOGY

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## ENDOCAPSULE STUDY PREPARATION INSTRUCTIONS

Please follow these instructions carefully to properly prepare for the Endocapsule study. Failure to follow these instructions will result in postponement of the study. Please contact us if you have any questions.

One day before the study:

- You will need to purchase **one bottle of Magnesium Citrate, lemon or lime flavor only**, available at your local pharmacy in the laxative aisle.
- Avoid all dairy products, avoid any red/purple/blue colored foods/drinks, and avoid foods with seeds, such as sesame seeds, nuts, tomatoes with seeds, etc. until after your test is completed.
- Eat a light lunch (i.e. a sandwich and soup).
- Only clear liquids for dinner. Please refer to the table on the back side of this page for recommended food groups.
- After the clear liquid dinner at 7:00 pm, **drink 5 fluid ounces (1/2 of the bottle)** of Magnesium Citrate.
- **Do not eat or drink after 10:00 pm.**

Morning of the study:

- **Do not eat or drink.**
- Please arrive at our **Sheldon Road office location**, at **8:00 am**.
- **After you have swallowed your pill**; between 8 am to 12 pm, drink one 8 ounce glass of water every hour for 4 hours. (Total of 4 glasses over 4 hours)
- You can eat a light lunch four hours after you swallow your pill (at 12:00 pm). **Important note:** continue to avoid all dairy products, avoid any red/purple/blue colored foods/drinks and avoid foods with seeds, such as sesame seeds, nuts, tomatoes with seeds, etc. until after your study is completed.
- Any critical medications (heart, blood pressure, seizure, diabetes medications, etc.) should be taken with a **small sip of water, no later than 6:00 am.**
- Please wear comfortable, two-piece, loose-fitting clothing.
- Avoid applying any lotion, powder, or perfume/cologne on the abdominal/chest area.
- You must return to the office by **4 pm** in order for our staff to remove the sensors. Please **do not** attempt to remove the equipment yourself.

<b>Food Groups</b>		
<b>Group</b>	<b>Recommended</b>	<b>Avoid</b>
<b>Milk &amp; milk products</b>	none	all
<b>Vegetables</b>	none	all
<b>Fruits</b>	fruit juices without pulp	nectars; all fresh, canned, and frozen fruits
<b>Breads &amp; grains</b>	none	all
<b>Meat or meat substitutes</b>	none	all
<b>Fats &amp; oils</b>	none	all
<b>Sweets &amp; desserts</b>	gelatin, fruit ice, popsicle without pulp, clear hard candy	all others
<b>Beverages</b>	black coffee only; tea; soft drinks; water; lactose-free, low residue supplements if approved by physician	all others
<b>Soups</b>	bouillon, consommé fat free broth	all others