

VIDEO CAPSULE ENDOSCOPY

PREP INSTRUCTIONS

Read this today. Iron pills must stop **5 days** before your test. Follow these steps **exactly**, or the test may need to be done again.

CANCEL POLICY: Need to cancel or change your visit? Call us at least **24 hours** before. If you do not show up, cancel late, or do not follow the no-eating (fasting) or prep steps, you will pay a **\$100 fee**.

YOUR TEST SCHEDULE

DATE: ____/____/____ **ARRIVAL TIME:** ____ AM/PM

DOCTOR: ☐ **DR. KEN D. NGUYEN** ☐ **DR. TIM CHEN** ☐ **DR. DANA PAN**

PLACE: **Unio Specialty Care** — 6271 Rosemead Blvd, Temple City, CA 91780 — 626-898-4560

GET READY

- We give you the **Gatorade powder** and **3 MiraLAX packets** at our office.
- Buy **Gas-X (simethicone) 125 mg** at any pharmacy. You will need 2 softgels.
- You do **not** need a driver. No sleep medicine is used for this test.
- Wear **loose, comfortable clothes** on the day of your test.

MEDICINES

- **Iron pills:** stop **5 days** before your test.
- **Blood thinners and aspirin:** do **NOT** stop them for this test.
- **Insulin:** take **HALF (½)** your usual morning dose. Check your blood sugar before you leave home. Bring juice or glucose tablets in case your sugar gets low.
- **Diabetes pills:** do **NOT** take them the morning of your test. Take them when you eat again (6 hours after you swallow the capsule).

YOUR OTHER MORNING MEDICINES: Before you leave home, take **ALL** your other morning medicines — including blood pressure medicines — with a **small sip of water**.

THE NIGHT BEFORE YOUR TEST

- **After 8 PM:** NO solid food. You may still drink **clear liquids** (see the list).

THE DAY OF YOUR TEST

- **2 HOURS before your ARRIVAL TIME:** Mix the **Gatorade powder** and all **3 MiraLAX packets** into **20 oz of water**. Stir until mixed. Drink it all. Then take **2 Gas-X (simethicone) 125 mg** softgels.
- After that, **STOP drinking** everything. (Only a small sip of water for your pills.)

CLEAR LIQUIDS

✓ CLEAR LIQUIDS — OK

- Water
- Gatorade, Pedialyte, or Powerade
- Clear broth or bouillon
- Black coffee or tea (no milk, no creamer)
- Soda, with or without bubbles
- Kool-Aid or other fruit-flavored drinks
- Clear juice with NO pulp (apple, white grape)
- Jell-O, popsicles, hard candy

✗ NOT OK

- Anything **RED or PURPLE**
- Alcohol
- Milk or creamer (also non-dairy)
- Soup with noodles or vegetables
- Juice with pulp (like orange juice)
- Any drink you **cannot see through**
- Solid food

AFTER YOU SWALLOW THE CAPSULE

- **First 4 hours:** do not eat or drink.
- **After 4 hours:** you may drink clear liquids.
- **After 6 hours:** you may eat food.
- You can go about your normal day: use the bathroom, nap, or work.
- **Keep the recorder dry.** Do not shower or swim while you wear it.
- No hard exercise.
- Stay away from strong electric or magnetic equipment (like MRI machines or ham radios). Phones, tablets, and computers are OK.

RETURN THE BELT AND RECORDER

Wear the belt and recorder for **12 hours**. Then bring them back to our office **the next day**. We close at **5 PM** and are closed for lunch from **12 to 1 PM**.

Call us right away at 626-898-4560 if you have **bad belly pain, nausea, or throwing up** after you swallow the capsule. In an emergency, call 911.

⚠ NO MRI until a doctor confirms the capsule has left your body. An MRI with the capsule inside can hurt your gut.

Questions? Call our Temple City office at **626-898-4560**. Anyone on our staff can help you.

I received and understand these instructions and the **Cancellation/No Show policy (\$100 fee)**. I understand that I must cancel **at least 24 hours** before my appointment.

Patient name (please print): _____

X _____

Patient signature

Date: _____