



Judd B. Adelman, MD • David A. Florez, MD • Gregory C. Goodear, MD • Todd L. Snyder, MD

2671 Elms Plantation Blvd.
North Charleston, SC 29407

CAPSULE PREPARATION/DIET

DATE: _____ DAY BEFORE THE PROCEDURE

1. Abstain from smoking 24 hours before your procedure.
2. Clear liquids **ALL DAY** the day before the Capsule Endoscopy.
3. Around 5pm drink one (1) bottle of Magnesium Citrate. You may find this at your local drug store over-the-counter.

****Milk, ice cream, Boost, and Ensure are NOT considered clear liquids and will interfere with the bowel preparation.****

You may have the following clear liquids:

Beverages: Coffee, tea, carbonated beverages, sports drinks (Gatorade).

Desserts: Jello (NO RED), fruit ice and popsicles (NO RED).

Juices: Apple, White Cranberry, Grape and Kool-Aid (NO RED).

Soups: Broths and bouillon.

Sweets: Sugar and hard candies.

4. Male patients should shave their belly. 6 inches above and below the navel.

**If you have any questions or problems with your prep,
please call the office at 843-797-6800 to speak with your nurse.**