



* Peter Kvapil, MD * Shail Maheshwari, MD * Apurv Varia, MD * Matthew Clark, MD * Rambabu Chalasani MD * Avais Chatha, MD

VCE INSTRUCTIONS

Please arrive at our office 129 Vision Park Blvd. Suite 307 Shenandoah, TX 77384

1. You must avoid taking all IRON supplements for 7 days prior to coming in (No Exceptions)
2. You must avoid Carafate or Sucralfate 24 hours before the test.
3. **CLEAR LIQUIDS** Starting at **Noon** the day before the test.
4. PREP: The evening prior to swallowing pill camera, starting at 5:00 PM you will drink two full doses of MiraLAX every hour for a total of 8 doses.
(2 doses at 5 pm, 2 doses at 6 pm, 2 doses at 7 pm, and 2 doses at 8 pm)
5. **NOTHING TO EAT OR DRINK AFTER MIDNIGHT.**
6. If you are on diabetic medications, please hold them until after you are able to eat. If you are on any heart or high blood pressure or seizure medication you may take them one hour before coming in with water only.
7. Arrive to our office for your appointment to swallow the capsule.
8. You will be provided with further instructions regarding diet after swallowing capsule.



* Peter Kvapil, MD * Shail Maheshwari, MD * Apurv Varia, MD * Matthew Clark, MD * Rambabu Chalasani MD * Avais Chatha, MD

CLEAR LIQUID DIET

This diet provides fluids that leave little residue and are easily absorbed with minimal digestive activity. The diet is inadequate in all essential nutrients and is recommended only if clear liquids are temporarily needed. *NO RED OR PURPLE LIQUIDS*

CLEAR LIQUIDS:

- **Water, coffee and tea (no milk, no creamer or other dairy)**
- **Clear chicken or consommé**
- **Apple juice and white grape juice**
- **Lemonade and limeade (no pulp)**
- **Sprite, 7-up and ginger ale**
- **Gatorade, Powerade and Kool-Aid (no red or purple coloring)**
- **Jell-O and ice popsicles (no red or purple coloring, no fruit or pulp, no dairy)**
- **Coconut water (no coconut milk)**

NO SOLID FOODS: NO meats, NO vegetables, NO dairy, NO grains and starches.

NO JUICES WITH PULP: NO Orange juice, NO vegetable juices, NO nectars, NO smoothies.



* Peter Kvapil, MD * Shail Maheshwari, MD * Apurv Varia, MD * Matthew Clark, MD * Rambabu Chalasani MD * Avais Chatha, MD

VCE INSTRUCTIONS: AFTER PILL IS SWALLOWED

<p>First 2 Hours</p> <p>From _____ To _____</p>	<p>Nothing By Mouth After Swallowing</p>
<p>After 2 Hours</p> <p>From _____ To _____</p>	<p>Water Only</p>
<p>After 4 Hours</p> <p>From _____ To _____</p>	<p>Clear Liquids Only</p>
<p>After 6 Hours</p> <p>At _____ pm _____</p>	<p>You May Have a Light/Small Lunch (Drink ONLY water/clear liquids after lunch)</p>
<p>After Light/Small Lunch</p>	<p>Drink One Full Dose of Miralax</p>
<p>After Lunch MiraLax Dose</p>	<p>Clear Liquids Only</p>
<p>Dinner</p>	<p>Eat Normally for dinner. No further diet restrictions.</p>

****FOLLOW THE INSTRUCTIONS IN THE VIDEO LINK BELOW FOR CAPSULE RETRIEVAL AND SENDING OFF TO BE PROCESSED****

<https://capsovision.com/patient-resources/what-to-expect-with-capsocam/>





* Peter Kvapil, MD * Shail Maheshwari, MD * Apurv Varia, MD * Matthew Clark, MD * Rambabu Chalasani MD * Avais Chatha, MD

NOTIFY THE OFFICE IF YOU ARE EXPERIENCING ANY OF THE FOLLOWING:

- **ABDOMINAL PAIN**
- **NAUSEA AND VOMITING**
- **FEVER GREATER THAN 100 DEGREES**
- **BLACK TARRY OR BLOODY STOOLS (MORE THAN ½ CUP)**
- **HAVEN'T PASSED THE CAPSULE WITHING 72 HOURS OF INGESTION**

This diet provides fluids that leave little residue and are easily absorbed with minimal digestive activity. NO RED or PURPLE LIQUIDS should be consumed.

CLEAR LIQUIDS:

- Water (*plain or flavored*), tea and coffee (*no milk, no creamer or other dairy*)
- Pedialyte (*no red or purple*)
- Clear chicken broth and consommé
- Apple juice and white grape juice
- Lemonade and limeade (*no pulp*)
- Sprite, 7-up and Ginger Ale
- Gatorade, Powerade and Kool-Aid (*no red or purple coloring*)
- Jell-O and ice popsicles (*no red or purple coloring, no fruit or pulp, no dairy*)
- Coconut water (*no coconut milk*)

NO JUICES WITH PULP: NO orange juice, NO vegetable juice, NO nectars, NO smoothies.