



Digestive Health Center

Pre-Capsule Endoscopy Instructions

Pre-capsule checklist:

1. Do you have difficulty swallowing?
2. Do you have a pacemaker or a defibrillator?
3. Are you scheduled for an MRI?
4. Do you have history of bowel obstruction?
5. Do you have an Inspire Sleep Apnea device implanted?

2 days prior to the exam:

- Stop all iron supplements and antacids

The day prior to the exam:

- You may have breakfast and a light lunch
- After 12:00 p.m., you are to drink only clear liquids

Things you may have include:

- Water
- Juice (no pulp)
- Soda (including colas)
- Tea
- Coffee
- Clear broth
- Jello
- Lemonade
- Gatorade
- Kool-Aid

- You may continue to drink clear liquids until 10:00 p.m.
- Do not drink anything after 10:00 p.m.

The day of the exam:

- Please wear a 2-piece comfortable outfit to your appointment
- Do not take any of your usual medications
- After the exam, you will return to the Cedar Valley Digestive Health Center at 4:00 p.m.

Date of test _____

Arrival time _____

Location: Cedar Valley Digestive Health Center

1015 S. Hackett Rd., Waterloo, IA 50701

If you have any questions or concerns, please call our office at 319-234-5990.

Office hours are Monday–Friday from 8:30 a.m.–5:00 p.m., with phones answered 24 hours per day for emergencies.

PLEASE NOTIFY YOUR INSURANCE CARRIER OF YOUR UPCOMING EXAM