



## GETTING READY FOR THE CAPSULE PROCEDURE

A. **Plan ahead.** Call 303-602-1926 if you have questions or need to schedule or change your appointment

- Your appointment is at Denver Health Outpatient Medical Center, Pavilion L, 660 N. Bannock St., 3rd floor. Patient/Visitor Parking is located behind the building.
- You will come to the GI Lab to take the capsule and then again to return the capsule once you have passed the capsule from your body and retrieved it.

B. **Three days before** the Capsule procedure:

- Stop taking iron supplements.

C. **The day before** the Capsule procedure:

- Stop taking antacids (Tums, Rolaids), Pepto-Bismol, and Carafate.
- You may eat a regular breakfast in the morning.
- 11 AM: DRINK ONLY CLEAR LIQUIDS for the rest of the day and evening. NO SOLID FOOD.
- Avoid any fluids that are red.
- No solid food, just clear liquid 18 hours prior to procedure.

D. **The day of** the Capsule procedure:

- No food or water 6 hours before procedure
- 2 hours after the capsule has been swallowed, you may now resume drinking clear liquids.
- After 1 p.m., you can eat a light snack
- Eat normally for dinner

E. **8-72 hours after** the Capsule procedure:

- The capsule will typically take 8-48 hours to pass, if you haven't passed the capsule after 72 hours contact the GI Lab.
- Follow the instructions for getting your capsule once it is passed and return it to the GI Lab.

GI LAB Denver Health Outpatient Medical Center, Pavilion L 660 N. Bannock St. 3rd floor 303-602-192