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SMALL BOWEL CAPSULE PROCEDURE INSTRUCTIONS

YOUR APPOINTMENT DATE: _____ **ARRIVAL TIME:** 7:00am
LOCATION: 26 Pearl St. Kingston, NY

- Instructions cover the following procedure:
 - Small Bowel Capsule Endoscopy
- Stop ALL iron and iron supplements 1 week prior to your Capsule Endoscopy.
- **Hold any vitamins/supplements for seven (7) days prior to your procedure.**
- On the day before your procedure, after lunch start a clear liquid diet/no solid foods
 - A clear liquid is any liquid that you can see through - Nothing RED or ORANGE in color; No Milk, Cream or Soy milk; No alcoholic beverages please (see Clear Liquid Diet List below)
- On the evening before your procedure, No food or drink after 10:00pm except for a sip of water with necessary medication
- Do not take any medication beginning 8 hours before your procedure
- Abstain from smoking 24 hours prior to your procedure
- After Ingesting the capsule, do NOT eat or drink for at least 2 hours.
- Two hours after your procedure you may have clear liquids only
- Four hours after your procedure you may have a light snack (no dairy)
- Four hours after your procedure you may take your high blood pressure, cardiac, thyroid, and mental health medication
- If you take insulin, oral diabetic medications, or blood thinning medications, please call your primary care doctor for special instructions if directions have not already been provided by HVG.
- Instructions for GLP-1 Agonist and SGLT-2 Inhibitors/ Special Medications for Weight Loss and Diabetes:
 - GLP-1**
Dulalutide (Trulicity); Exenatide (Bydureon Bcise, Byeta); Semglutide (Ozempic, Rybelsus, Wegovy); Tirzepatide (Mounjaro); Liraglutide (Victoza, Saxenda); Lixisenatide (Adylxin)

- If your GLP-1 is a pill, hold the GLP-1 medication the day prior to your procedure. If your GLP-1 is an injection, there is no need to hold the medication
- You must do a 24 hour clear liquid diet (regardless if pill or injection) and Nothing by mouth for at least 3 hours prior to the procedure.

SGLT-2

Canagliflozin (Invokana); Dapagliflozin (Farxiga); Empagliflozin (Jardiance); Ertugliflozin (Steglatro)

- If your SGLT-2 is a pill, hold SGLT-2 medication for 48 hours prior to your procedure. If your SGLT-2 is an injection, there is no need to hold the medication.
- Nothing by mouth for at least 3 hours prior to the procedure regardless if pill or injection
- Review document titled “Informed Consent for Gastrointestinal procedure”. On the day of your procedure, you will be asked to electronically acknowledge that you have read the document.
- All female patients aged 55 and under must give a urine specimen pre-procedure for pregnancy testing.
- Wear comfortable, loose fitting clothing and do NOT wear any jewelry to your procedure.
- After your procedure (ingesting the capsule) and until it is excreted, you should not be near any source of powerful electromagnetic fields (such as one created near an MRI device or amateur (ham) radio
- Avoid any strenuous activity especially if it involves sweating and DO NOT bend over or stoop until the capsule is excreted
- Contact your physician immediately if you suffer from any abdominal pain, nausea or vomiting during Capsule Endoscopy.
- **After your procedure, RETURN TO HVG by 3:30pm**
- Log onto HVG’s patient portal for results from your procedure.

Clear Liquid Diet List:

- Clear soups and broths (no pasta/veggies) water-based chicken or beef broth is OK
- Clear Juices: Apple, White Grape, White Cranberry
- Instant Drink Mixes: Iced Tea, Lemonade, Crystal Light, Gatorade, propel, Pedialyte or other flavored waters.
- Hard Candy: No Red or Orange (Butterscotch and Root Beer are OK)
- Jello: Grape, Lime, Berry Blue, Pineapple, Lemon
- Popsicles/Italian Ice: Any flavor that is NOT Red or Orange in color

- Clear sodas and Seltzer Water (note: these should be limited due to carbonation)
- Tea: (any kind) Black tea, Green tea, Earl grey, Oolong, White tea, Herbal tea, etc.
- Coffee: Black with sugar is OK,
- NO milk, soy milk or powdered creamers
- **YOU MAY USE:** Sugar, Honey, or Lemon to flavor any liquid
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For your safety, a personal escort is required to transport you to and from your procedure. While we prefer that your escort remains at HVG, they may leave if they are reachable by phone and can return within 15-20 minutes of contact. Please note: Vehicles left in the HVG parking lot overnight will be towed at the owner's expense.