



Capsule Endoscopy Bowel Preparation

Day prior to capsule endoscopy:

Commence clear fluids at 12 midday, the day before your procedure. Prior to this time, you may eat normally.

- Examples of clear fluids include apple juice, light coloured cordials, black tea or coffee.
- A general rule is anything you can pour into a glass and see through is acceptable.

Medication may be taken with a sip of water, any time before your capsule endoscopy.

At 5pm mix content of one Picoprep sachet in 250ml of water and consume. Please drink another 250ml of water over the next 30-mins.

Day of Capsule Endoscopy:

Wear loose fitting, two-piece clothing. Arrive for your appointment at the scheduled time 0745am.

After Swallowing the PillCam capsule:

- *Contact your doctor's office immediately if you suffer from any abdominal pain, nausea or vomiting during the procedure.*

We encourage drinking clear fluids after the capsule has been swallowed – at least two large glasses of water hourly.

You may eat normally 4 hours after ingestion.

Avoid strong electromagnetic fields such as MRI devices after swallowing the capsule for 72 hours.

At 9pm please remove capsule equipment, place in bag supplied ready for return to Gastrocare rooms the following day. Note the equipment does NOT require switching off.

You do not need to witness capsule passing from bowel. You do not need to collect capsule.

Day After Capsule:

Please return capsule equipment to Gastrocare rooms at John Flynn Hospital.