

Dr. Katz

Capsule Endoscopy Directions

Medications:

- You may take all your NON – Diabetic medications If you are a diabetic – **DO NOT TAKE** any diabetic medications after 10am the day before the procedure. Please check your sugars often the day before and the day of the procedure.
- **If you are taking a once weekly GLP-1 injectable** it should be held for **14 full days** before your scheduled procedure. **Daily injectables or Oral GLP-1 medications** should be held 24 hours before your procedure. **Please make the office aware.** (ex. Ozempic, Rybelsus, Victoza, Wegovy, Trulicity, Saxenda, Byetta, Bydureon, Mounjaro Zepond.)
- **DO NOT TAKE** your iron pills 5 days before the procedure.

FOR THREE DAYS BEFORE THE PROCEDURE

- Keep bread, pasta rice and potatoes to a minimum.
- Take MiraLAX 1 Tbsp w 8 oz of water every morning for three days, but NOT on the day of the procedure.

THE DAY BEFORE THE PROCEDURE

- Starting at 1pm you may only have clear liquids (broth, jello, apple juice) NOTHING RED.
- Do not eat or drink anything after 10:00pm.

THE DAY OF THE PROCEDURE

- Arrive at the Highland Park office at 8:00am.
- After 2 hours you can consume a clear liquid diet and take your medication.
- After 4 hours you can eat a light lunch.
- After 8 hours you can resume a regular diet.

IMPORTANT THINGS TO KNOW

- It is important for you to move so make sure to walk around often.
- You will be contacted with the results within 6 days of the procedure.
- **DO NOT** have or go near an MRI study for 2 weeks following the procedure.
- Contact the office immediately if you experience abdominal pain, nausea or vomiting.
- If you have any questions, feel free to call the office.
- The capsule should be returned by 4:00pm.

CAPSULE STUDY EVENT LOG

TIME	EVENT
	Pill Cam Capsule ingestion
	Resume Liquids
	Light lunch
	Resume Regular Diet