

William J. Fecht, Jr., M.D.  
Paul K. Frederick, M.D.

Diplomates of the  
American Board of  
Internal Medicine and  
Gastroenterology

9002 N. Meridian Street  
Suite 200  
Indianapolis, IN 46260

PH (317) 872-1161  
TF (877) 282-5687  
FX (317) 875-3286

[www.indianagastro.com](http://www.indianagastro.com)



## CAPSULE ENDOSCOPY PREP INSTRUCTIONS

DATE / ARRIVAL TIME: \_\_\_\_\_

LOCATION: St. Vincent Carmel Hospital / Digestive Health Center  
13500 N Meridian Street (Entrance #1)  
Phone (317) 582-7450

### PLEASE READ CAREFULLY AND FOLLOW COMPLETELY

#### Seven (7) days prior to procedure

- Stop taking iron supplements, vitamins containing iron, Maalox, Mylanta, Pepto-Bismol, Carafate, bulk forming laxatives (Metamucil, Fibercon, Citrucel, etc.).
- Do not take laxatives prior to study.

#### Day before the procedure

- Start a clear liquid diet after your lunch meal (12:00 p.m.). **No red or purple colors.** Examples of clear liquid include apple juice, cranberry juice (okay because it is naturally red), white grape juice, Propel fitness water (any flavor), Gatorade, Tea, Coffee (no cream or dairy products added), chicken or beef broth (strained), Jell-o and popsicles.
- Do not eat or drink anything **10 hours prior** to your procedure.

#### Day of procedure

- You may take your morning medications with sips of water as long as they are taken at least two (2) hours before your procedure time.
- Do not apply lotion or powder to your abdominal area.
- Wear loose fitting clothing, preferable two piece clothing. Make sure the top is not tight fitting and is comfortable.

**Remember do not eat or drink anything 10 hours prior to your procedure and be sure to take all critical medications in the morning at least 2 hours prior to your procedure.**

**Please call our office at (317) 872-1161 with any questions or concerns. Thank you.**