

## **Magnesium Citrate Capsule Enteroscopy Prep**

***Not recommended for patients with any of the following: kidney disease, renal insufficiency.***

### **YOUR CAPSULE ENDOSCOPY EXAM IS SCHEDULED ON:**

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These are the instructions that you must follow for us to ensure that your enteroscopy procedure is completed correctly and that you are given the best exam possible.

### **Seven (7) Days or More Before the Enteroscopy, Do The Following**

1. If you take Iron supplements, discontinue them at least 5 days before your “capsule enteroscopy”; you can restart them after your procedure has been completed.
2. If you are a diabetic, please consult your private doctor on how to modify your diabetes medication or insulin shots, while you are having the diet and fasting necessary for your “Capsule Enteroscopy” study. We do want you to take all other regular medications during your “preparation” the day before your “Capsule Study”, however, on the day of the “Capsule Enteroscopy”, hold all your medicines until 4 hours after you have swallow the “Capsule Endoscope”.  
**Any medication you do have to take in the morning of the “Capsule” study, do not take until 4 hours after you have swallow the “Capsule Endoscope”.**
3. Do not eat any products that contain Olestra (example: WOW potato chips). Also avoid salads, raw or leafy vegetables and raw fruit 3 days prior to your procedure.
4. **KEEP YOUR APPOINTMENT.** If you cannot keep your appointment, please notify the scheduler as soon as possible at (502) 562-6575 or (502) 562-3967. If you have to call long distance, call 1-866-323-0991 and ask the operator for extension 6575 or 3967.
5. Report to the Digestive Health Center, which is located in the Basement of the University of Louisville Hospital. ***Please make sure you arrive exactly 1 hour prior to your appointment.***

### **One (1) Day Before the Capsule Enteroscopy:** (Mg Citrate-enteroscopy)

1. Make sure you buy **3 bottles of 10 oz. Magnesium Citrate**, and three (32 oz. each) bottles of clear (“ice”) or yellow Gatorade. Also purchase Simethicone (Mylicon 80 mg); you will need 2 tablets.
2. Eat a lite breakfast.

3. **EARLY IN THE MORNING**, place the 3 bottles of Gatorade, and 3 bottles of Magnesium Citrate in the refrigerator. Very cold temperature makes the Magnesium Citrate, and Gatorade easier to drink.
4. **At 12:00 NOON**, start the “clear liquid diet” – clear liquids are those that, if placed in a clear glass bottle, you can read a paper placed behind the bottle. (Do not have any solid, soft, pureed nor “milky” foods or drink, or supplements like Ensure or Boost). PLEASE AVOID RED, GREEN, BLUE, or PURPLE colored clear liquids and jello because they make the exam more difficult. Please drink large amounts of clear liquids to avoid dehydration. Do not drink alcoholic beverages. On the day of the “capsule enteroscopy”, stop drinking clear liquids 3 hours before leaving home.

Examples of clear liquids are:

- Clear broth or bouillon (without noodles or other solids), any flavor.
- Coffee or tea (without milk or cream)
- Soft drinks like soda-pop, Kool-Aid, Gatorade, Tang, lemonade
- Juices without pulp: apple, cranberry, orange, grapefruit
- Gelatin like Jello (no red, blue, green or purple)
- Popsicles (no ice cream or yogurt bars)

5. **At 6:00PM**, take **one bottle of 10 oz of Magnesium Citrate**, and start drinking the Gatorade, taking 1 glass (8oz) every 10 minutes until you finish 1 of the bottles of 32 oz. Gatorade (4 glasses). Keep the Gatorade very cold to decrease nausea, and drink it fast, to improve effectiveness of bowel cleansing. Keep drinking plenty of fluids until bedtime to prevent dehydration and weakness.
6. **At 8:00PM**, take the second 10 oz. bottle of Magnesium Citrate, and start drinking the second bottle of Gatorade, taking 1 glass (8oz) every 10 minutes until you finish 1 of the bottles of 32 oz. Gatorade (4 glasses). Keep the Gatorade very cold to decrease nausea, and drink it fast, to improve effectiveness of bowel cleansing. Keep drinking plenty of fluids until bedtime to prevent dehydration and weakness.

**On the day of the Capsule Enteroscopy:** (Mg Citrate-Enteroscopy)

7. **Four (4) hours before leaving home to come to the hospital**, drink the third **10 oz bottle of Magnesium Citrate**, the 2 tablets of Simethicone (Mylicon), and the third bottle (32oz) of Gatorade, 1 glass every 10 minutes (total of 4 glasses). Do not eat nor drink anything more, after you finish the Gatorade.
8. **Come to the Hospital, calculating to arrive 1 hour before your scheduled appointment.**
9. **Four hours after you have swallowed the “Capsule Endoscope”:** Take your regular medications with water, and eat a light meal.