

Preparing for your Capsule Endoscopy (Pill-cam)

Prep Day Diet Instructions

Eat a light breakfast and lunch choosing from items below

Lean meats: Chicken or turkey without skin, fish, eggs, tofu

Breads and grains: made with refined white flour (not whole grain): rolls, rice, muffins, bagels, pasta, waffles, pancakes, plain crackers, low fiber cereal (including puffed rice, cream of wheat, corn flakes)

Fruit without seeds, skins, or membranes: honeydew, cantaloupe, applesauce, apricots and peaches with skin removed

Canned or cooked vegetables without skin or peel: includes peeled carrots, mushrooms, turnips, asparagus tips, potatoes without skin, cucumbers without seeds or peel

Please DO NOT EAT these things the day of the prep

Fatty or fried foods

Spiced foods

Fiber

Raw vegetables (corn, potato skins, tomatoes, cucumbers peas, squash, lima beans)

Raw fruit with seed, skin, or membranes (berries, cherries, pineapple, oranges, watermelon)

Cabbage or Brussels sprouts

Onions or garlic

Whole Grain Cereals or oatmeal

Nuts or seeds

Raisins or dried fruits

Whole grain bread, rolls, pasta, or crackers

Brown Rice

Butter, milk, and cheese

Beef or pork

After lunch, drink ONLY clear liquids choosing from the list below

Sports Drinks (i.e. Gatorade, Powerade)

Carbonated Beverages (Ginger Ale, Sprite, 7-up, sparkling beverages, cola)

Clear broth or bouillon

Juice Popsicles (no red)

Slush Icy drinks (no red)

Kool-Aid or other fruit flavored drinks (no red)

Fruit juices that have no pulp (apple, white grape)

Flavored Waters

Water

Jell-O (no red)

Tea (decaffeinated or regular, hot or cold, no cream)

Black coffee (sugar is okay)

Clear Liquid Tips

- ✓ Please drink as much fluid as possible.
- ✓ Drink water, but do not make it your only fluid.
- ✓ Your clear liquid diet should consist of a mix of the

This diet provides fluids that leave little residue in your bowel and are easily absorbed with minimal digestive activity. Keep drinking a variety of fluids until bedtime. This will help with your bowel clean-out and prevent dehydration.

Please DO NOT DRINK or EAT these things the day of the prep

Milk

Half & half

Pudding

Ice cream

Non-dairy creamers

Alcoholic beverages

Red-colored drinks

Please call the Center at 629-7177 if you have any question about these instructions.

This diet is inadequate in all essential nutrients and is recommended only if clear liquids are temporarily needed.