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The day before your capsule endoscopy, you can have a normal breakfast and lunch.

After lunch you will need to be on clear liquids (clear liquids are anything you can hold up to the light and see through). Some examples are chicken and beef broth, Jell-O, popsicles, juice (no pulp) coffee, tea, soda. Please avoid anything red or purple in color.

You will need to be fasting after midnight (this includes water). The morning of the procedure please arrive at the office at 8:00 am. Please DO NOT take any medications, no gum, mints or smoking.

You will be given further instructions at the time of your appointment, regarding when and what you can eat throughout the day. You will need to come back at 4:00 PM to have the equipment removed.