

Video Capsule Preparation Instructions

PLEASE READ ALL OF THESE INSTRUCTIONS CAREFULLY

Should you have any questions about the instructions, please contact our office at (520) 327-3454 (during normal business hours) so a staff member can go over them with you.

We have scheduled your appointment at the following facility:

Tucson Gastro. Spec. which is located at **3040 N. Swan Rd., Ste B., Tucson, AZ 85712-1225.**

Appointment Date:

Appointment Time:

Please arrive for your procedure at: _____

5 DAYS BEFORE YOUR EXAM

- **STOP** taking Iron supplements

DAY BEFORE YOUR EXAM – Clear liquid diet only.

- Drink as much of the **clear liquid diet** as you can through out the day which includes; **Beverages-** Soft drinks (orange, ginger ale, cola, Sprite, 7-Up, etc), Gatorade, Kool-Aide, strained fruit juices w/o pulp (apple, white grape, lemonade, etc.), water, tea, or coffee. **No** milk or non-dairy creamer. **No beverages that are red or purple in color.** **Soups-** Low sodium chicken or beef bouillon/broth. **Desserts-** Hard candies, Jell-O (lemon, lime, or orange; no fruit or toppings), or popsicles (no sherbets or fruit bars).
- **Breakfast, Lunch, Dinner and Snacks ~ CLEAR LIQUID DIET ONLY** Drink all the clear liquids you like. **NO SOLID FOOD.**

DAY OF YOUR EXAM – Water **ONLY.** **NO** solid food or medication until exam has been administered.

- Please wear a shirt made of a thin natural fiber, such as a T-shirt long enough to reach the hip area.
- Women- Please do not wear a dress to your appointment.
- Please do not wear any lipstick, lip gloss or Chap Stick.
- Further instructions will be given at time of visit.

Tucson Gastroenterology Specialists, PC
3040 N. Swan Road, Ste. B
Tucson, Arizona 85712
Phone (520) 327-3454
Fax (520) 327-3431
www.tucsongastro.com