



## GASTROMEDICINE & ENDOSCOPY

Mornington Endoscopy  
Rosebud Endoscopy

### CAPSULE ENDOSCOPY PREPARATION INSTRUCTIONS

**You will need:** 1 sachet of PicoPrep (This is available from the Pharmacy or our Office - We are open from 9.00am -5.00pm). A bowel motion is not expected to occur after consuming 1 sachet of PicoPrep.

- **Please stop taking any Iron medications (tablets or liquids) 3 days prior to your appointment.**
- **Please contact our rooms if you are a diabetic or are currently taking Ozempic, Wegovy or Mounjaro.**
- **Please ensure you wear pants and a separate top to your appointment. A sensor belt will be placed around your waist so please avoid dresses.**

**Day before Procedure- Please commence the following instructions on \_\_\_\_/\_\_\_\_/\_\_\_\_**

**12pm Lunch:** You can have a normal meal at 12:00 mid-day. After 12:00, you should only drink clear liquids (eg. Water, Lemonade, Apple Juice, Coffee or Tea without milk, clear fruit cordial clear soups or broths). Milk should be avoided.

**4pm:** Add the entire contents of ONE sachet of PICOPREP to a glass of warm water (approximately 250mL) and stir until dissolved. You can prepare the drink 30 minutes prior to allow cooling. Drink **HALF** of the PicoPrep mixture, followed by a full glass of water.

**7pm:** Drink remaining **HALF** of the PicoPrep mixture, followed by a full glass of water. Please only drink WATER until 2.00pm the next day.

**Your appointment is on \_\_\_\_/\_\_\_\_/\_\_\_\_ @ \_\_\_\_:\_\_\_\_ (Suite 1/350 Main Street, Mornington 3931)**

***\*Please follow these instructions on the day of your appointment\****

You can continue drinking only WATER in the morning before your procedure. Please hold off all medications until 2pm.

Upon arrival you will need to check in with reception. The doctor will then call you through to their consulting room where the procedure will be explained and the pill cam will be given to you and the device will be attached. **From 9am onwards, please drink a full glass of WATER every hour.**

**2.00pm Lunch:** You can have a sandwich & take any regular morning medications. Please continue to have sips of WATER thereafter until 8pm.

**8.00pm:** Please remove the pill cam receiver device and replace in the pink bag you are given. The machine will make noises until the battery dies.  
You can have a normal **dinner**.

**Please kindly return the device by 10am the following day to our Mornington Office.**