

Capsule Endoscopy Preparation

You will need:

• 1 sachet of PicoPrep

This is available from the Pharmacy or our Office (we open from 9AM-5PM)

Day before Procedure:

12pm Lunch: You can have a normal meal at 12:00 mid-day. After 12:00, you should only drink clear liquids (eg. Cordial, water). Milk should be avoided.

5.30pm Dinner: You can have clear soup for dinner (to ensure clear views during capsule endoscopy the next day).

7pm: Mix the sachet with 250ml of water, stir until dissolved. Drink the whole solution, then a full glass of water. You can continue to drink WATER only after this point.

On the day of procedure:

You can drink WATER only in the morning. If you get up before 6.30AM, you can have your normal morning medications. Otherwise hold off, and your Doctor will advise on the day when you can take the medicines on the day of the procedure. You can drive home as no anesthetics required.

8.30am: This is usual appointment time, where the pill camera will be given. From 9am onwards, every hour please drink half a glass of WATER.

2.00pm Lunch: you can have a sandwich, then sips of water thereafter until 8pm.

8.00pm: Please remove the pill cam receiver device. Please ignore any noises after removal. The battery will go flat by itself. You can have a normal **dinner**.

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