

**PROCEDURE LOCATION: (If you are unsure of the exact place and time, please verify with the office)**

- Virginia Hospital Center Arlington 1635 North George Mason Drive 2<sup>nd</sup> floor - GI out Patient Center, Gold Parking
- Fairfax Hospital 3300 Gallows Road, Falls Church, VA Women's & Children's Center – Blue Entrance

**APPOINTMENT DATE:** \_\_\_\_\_ **ARRIVAL TIME:** \_\_\_\_\_ **PROCEDURE TIME:** \_\_\_\_\_

Please inform the office if you have a pacemaker or internal defibrillator

## Video Capsule Instructions with Magnesium Citrate

**Things to purchase:** One 10 oz bottle of Magnesium Citrate (no red.) This is over the counter in the laxative section of your drug store. No prescription is needed.

1. **The day before your video capsule test**, begin a light diet for breakfast and lunch such as toast and jelly, coffee, juice, soup etc. Avoid high protein or fiber foods to include vegetables and fruit.

2. **After lunch** you will begin clear liquids only. Drink plenty to stay hydrated. You may continue your usual medications until midnight.

3. **At 5:00 pm** the evening before your test, drink the bottle of Magnesium citrate. This is a laxative so be close to the bathroom. Continue on clear liquids.

4. **Do not have anything else by mouth after midnight.** You may take your usual medications **with you** to the hospital. They will instruct you on when you may eat, drink and resume your medications.

- Wear loose clothing such as sweat pants and a button-up shirt.
- **Male patients** should shave the abdomen 6 inches above and below the navel prior to coming to the hospital for your test. This is so the electrode pads can be attached to your abdomen.
- For the test, sensors will be applied to your abdomen with adhesive pads and connected to the data recorder which will be placed in a belt around your waist. After this you will swallow the capsule.
- You will then be released from the hospital with instructions to **return in 8 hours**.

It can take up to 2 weeks for the doctor to complete reviewing the video images. You may call after 14 days for results if you have not heard from the office. We will forward a copy to your regular doctor.

### CLEAR LIQUIDS

Water	Soda (diet or regular)
Gatorade and Propel drinks	Italian Ice
Clear broth-any flavor	Juices (Apple, white cranberry etc.)
Bouillon (and flavor)	Jell-O
Coffee, Teas (no creamer)	Popsicles

**No Dairy - No Red liquids - No Pulp juices**

If desired **one** white wine or **clear** alcoholic beverage on your preparation day is OK.

Be certain you have provided all current insurance information and necessary referrals to our office at least **two weeks** prior to your procedure date. Referrals apply only to HMO and Managed Care plans.

*To cancel or reschedule give 5 business days advance notice to avoid a charge.*