Welcome to the GI Diagnostic Lab at Froedtert & the Medical College of Wisconsin. The information in this packet will guide you through all the steps involved in your visit.

**You are scheduled for a capsule endoscopy.**

Date: 

You will find the following in this packet:

- Appointment Confirmation (page 1)
- Explanation of Procedure (page 2)
- Preparing for Your Procedure (page 3)
- Clear Liquid Diet (page 4)
- A map to the GI Diagnostic Lab (page 5)

Please review the information below so that you are prepared for your procedure.

A nurse will call you one week before your procedure. The nurse will review your health history, current medications and go over the prep instructions. The nurse will answer any questions you have about the procedure.

If you have questions before the nurse contacts you please call 414-805-2499 and leave a message on the nurse line. Your call will be returned by the next business day.

To cancel or reschedule your procedure, call 414-805-2901 “option 2” (Monday-Friday, 8 a.m.-4:30 p.m). Please call to cancel or reschedule at least 24 hours before your procedure.

You should call your insurance carrier to confirm your benefits before the procedure.

It is our goal to provide you with the best experience when you visit Froedtert & the Medical College of Wisconsin. If at any time we do not meet your expectations, we want to hear from you so we can improve any future care you may need. Thank you for allowing us to be part of your care and for choosing Froedtert & the Medical College of Wisconsin.

Kia Saeian, MD  
Medical Director, GI Diagnostic Lab

Curtiss Elliott, RN, MPA  
Manager, Gastroenterology Services
Explanation of Procedure

What is a capsule endoscopy?

The capsule endoscopy involves swallowing a small imaging capsule which will pass naturally through your digestive tract as it takes pictures of your small intestine. The pictures are taken as the capsule passes through your intestine, and are stored on a recorder.

What can I expect the day of my procedure?

Your procedure will take place in the GI Diagnostic Lab, which is located on the main floor of the hospital. Your procedure will take about 30 minutes. First, you will check in at the front desk. A nurse will take you to a procedure room. Sensors are placed on various spots of your abdominal area. These sensors have wires which connect to a lightweight data recorder worn around your waist. Once the sensors are placed, you will swallow the capsule. It is approximately the size of an extra-strength Tylenol®.

You will be allowed to leave the GI Lab after swallowing the capsule. You will need to return to the GI Lab eight (8) hours later. Please do not remove any of the equipment. Once you return, the nurse will remove all the equipment and give it to the doctor for review and interpretation. Please stop at the front desk to make a follow-up appointment with your doctor no earlier than two (2) weeks after the day of the test.

The capsule is a one-time use disposable device. It will pass naturally in your bowel movement.
Preparing for Your Procedure

How to prep for a capsule endoscopy

1 week before your procedure: Date__________________________

- Stop taking all iron supplements until after the procedure

Three days before your procedure: Date__________________________

- Purchase the following prep supplies:
  - Miralax 238 gram bottle – sold over the counter at your local pharmacy
  - Gatorade (64 oz)/water/Crystal Light lemonade

The day before your procedure: Date__________________________

- You may eat breakfast and a small lunch. Please refrain from eating greasy or fatty foods. Soup and a basic sandwich is usually recommended
- After lunch you will be on a clear liquid diet until you start the bowel prep

At 6 p.m. the night before your procedure:
Mix the entire container of Miralax (238 gram) with 64 ounces of cold water, Gatorade or Crystal Light lemonade. Shake well to dissolve the powder. Drink one-half (1/2) of the prep (32 ounces). Drink one (1) glass every ten (10) minutes. This will result in watery bowel movements.

The day of your procedure: Date__________________________

At 5:30 a.m. the morning of your procedure:
Drink one-half of the remaining solution (16 ounces). You may discard the remaining 16 ounces of prep.

- Do not eat or drink anything once you have finished the prep
- Male patients - please shave your abdomen six (6) inches above and six (6) inches below your navel. If this is difficult for you to do, the nurse can do this when you arrive the day of the procedure
- Please wear loose clothing - sweat pants with an elastic band are preferred
- Do not wear perfume or lotion on your abdomen
- Do not wear lipstick
- You may take your regular medication with clear liquids three (3) hours AFTER swallowing the capsule that morning
- If you are on medications that must be taken (such as diabetes or heart medications), you may take them two (2) hours before the test with a sip of water
Clear Liquid Diet

A clear liquid diet means eating foods or drinking beverages that you are able to see through. You may not eat any solid foods or dairy products. Do not drink anything colored red, pink or purple.

Listed below are some common clear liquids. You may have unlimited amounts of these liquids up to four hours prior to your procedure.

- Soda (ex; orange, ginger ale, cola and lemon-lime)
- Chicken or beef flavored broth (no meat, vegetables or noodles)
- Coffee (sugar is fine, but no cream or milk)
- Tea
- Jell-O (no red, pink or purple)
- Popsicles (no red, pink or purple)
- Clear hard candy, such as a lemon drop or Jolly Rancher (no mints or caramels)
- Clear juices without pulp (lemonade, and apple or white grape juice is ok to drink) you may have cranberry juice, but check the label to ensure it has no red dyes
- Sports drinks, like Gatorade or PowerAde (no red, pink or purple)
Directions to Froedtert Hospital Entrance

Please park in the Parking Area 1 structure.

From Wisconsin Avenue:
You are in the Parking Area 1 structure.

From Watertown Plank Road:
Turn south on 92nd Street and then right at the intersection.

From Watertown Plank Road:
Turn south on 92nd Street and continue through a stop sign.

Please note: All of our parking structures and surface lots have accessible parking closest to building entrances. Entrances to building entrances are all equipped with power doors. For more detailed information, visit froedtert.com (Locations & Directions, Transportation and Parking Services).


The Froedtert & The Medical College of Wisconsin main campus is 9200 W. Wisconsin Ave., Milwaukee, WI 53226.

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Directions to GI Diagnostic Clinic

From Parking Area 1 structure.

• Enter Level 2
• Travel through the Froedtert Hospital lobby to the C Elevators
• Turn right at the C Elevators and head to the back hallway
• The check in desk for the GI Diagnostic Clinic is straight ahead

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Questions? Call 414-805-3666, toll free 1-800-272-3666 or visit froedtert.com

The Froedtert & The Medical College of Wisconsin mailing address is: 9200 W. Wisconsin Ave, Milwaukee, WI 53226

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