



## PREPARATION FOR CAPSULE

Patient Check-In Time \_\_\_\_\_ Patient Procedure Date \_\_\_\_\_  
(Please note: Patient Check-In Time is not the procedure time!)

### The location where your procedure will take place:

- The G.I. Center, 109 Parking Way, Lake Jackson, TX 77566  
 \*\*The front door opens at 6:30 a.m.  
 \*\*If you need to cancel or reschedule your procedure, please call 979-292-0033  
 \*\*\*Our office requires a 24 hour notice if you are going to cancel or reschedule your appointment otherwise a \$200.00 cancellation fee will be billed to you.
  
- Your GI Center at Houston  
 12951 South Freeway, Houston, TX 77047  
 \*\* The front door opens at 7:00 a.m.  
 \*\* If you need to cancel or reschedule your procedure, please call (713) 436-8171  
 \*\* 24 Hour notice still required to avoid \$200.00 fee for canceled or rescheduled procedure

### Patient Check List

- Purchase two Dulcolax laxative tablets and PREPARATION (prescription given) from your local pharmacy.

### INSTRUCTIONS ON YOUR PREPARATION FOR THE CAPSULE ENDOSCOPY.

- Two days before Capsule:
  - Take 2 Dulcolax tabs by mouth by 5 PM
  - Regular Diet this day.
- The day before your Capsule:
  - Eat lunch by 12 Noon, after lunch drink only clear liquids the rest of the day
  - At 7:00 PM 7 PM drink one dose of Preparation followed by 16 ounces of water.  
Make sure to mix Preparation for 4 minutes continuously to ensure activation.
- Nothing to drink after midnight or your procedure will be delayed.

CLEAR LIQUID DIET AS PER WRITTEN INFORMATION PROVIDED ON THE FOLLOWING PAGE.

IF YOU ARE EXPERIENCING LOW SUGAR SYMPTOMS, IMMEDIATELY TAKE SOME SUGAR SOLUTION OR CLEAR JUICE SUCH AS APPLE JUICE.

NO SMOKING AFTER MIDNIGHT.

DO NOT TAKE FISH OIL, VITAMIN A, OR ANY OTHER OIL BASED MEDICATION OR VITAMINS FOR 3 DAYS PRIOR TO YOUR PROCEDURE.

www.yourgicenter.com

Houston  
12951 South Freeway  
Houston, TX 77047  
713-436-8171

Lake Jackson  
109 Parking Way  
Lake Jackson, TX 77566  
979-292-0033

Bay City  
720 Avenue F North  
Bay City, TX 77414  
979-292-0033



# CLEAR LIQUID DIET

This diet provides fluids that leave little residue and are easily absorbed with minimal digestive activity. This diet is inadequate in all essential nutrients and is recommended only if clear liquids are temporarily needed. No red or purple liquids should be consumed!

Food Group	Foods Allowed	Foods to Avoid
Milk & beverages No red or purple liquids!	Tea (decaffeinated or regular), carbonated beverages, fruit flavored drinks	Milk, Milk drinks
Meats & meat substitutes	None	All
Vegetables	None	All
Fruits & fruit juices	Strained fruit juices: apple, white grape, lemonade	Fruit juices with unstrained fruit
Grains & starches	None	All
Soups	Clear broth, consommé	All others
Desserts	Clear flavored gelatin, popsicles (no red or purple flavors)	All others
Fats	None	All
Miscellaneous	Sugar, honey, syrup, clear hard candy, salt	All others
Breakfast	Lunch	Dinner
White grape juice	Apple Juice	Lemonade
Clear broth	Clear broth	Clear broth
Jell-O ®*	Jell-O ®*	Jell-O ®*
Tea	Tea	Tea
*plain only, no fruit or toppings	Jell-O is a registered trademark of Kraft General Foods, Inc.	

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## PREPARACIÓN PARA CÁPSULA

Hora de registro del paciente \_\_\_\_\_ Fecha del procedimiento del paciente \_\_\_\_\_  
(Tenga en cuenta: ¡La hora de registro del paciente no es la hora del procedimiento!)

### El lugar donde se llevará a cabo su procedimiento:

- The G.I.Center, 109 Parking Way, Lake Jackson, TX 77566

\*\*La puerta principal se abre a las 6:30 a.m.

\*\*Si necesita cancelar o reprogramar su procedimiento, llame al 979-292-0033

Nuestra oficina requiere un aviso de 24 horas si va a cancelar o reprogramar su cita, de lo contrario se le facturará una tarifa de cancelación de \$ 200.00..

- su centro GI en Houston

12951 South Freeway, Houston, TX 77047

\*\* La puerta principal se abre a las 7:00 a.m.

\*\* Si necesita cancelar o reprogramar su procedimiento, llame al (713) 436-8171

\*\* Se requiere un aviso de 24 horas para evitar la tarifa de \$ 200.00 por procedimiento cancelado o reprogramado

### Lista de verificación de pacientes

- Compre dos tabletas laxantes de Dulcolax y Plenvu (con receta médica) en su farmacia local.

## INSTRUCCIONES SOBRE SU PREPARACIÓN PARA LA CÁPSULA ENDOSCÓPICA.

- Dos días antes de la cápsula:
  - o Tome 2 tabletas de Dulcolax por vía oral a las 5 PM
  - o Dieta regular este día.
- El día antes de su cápsula:
  - o Almuerce antes de las 12 del mediodía, después del almuerzo beba solo líquidos claros el resto del día

a las 7:00 PM 7 PM beba una dosis de preparación  
seguida de 16 onzas de agua.

Asegúrese de mezclar Preparación durante 4 minutos continuamente.

- Nada para beber después de la medianoche o su procedimiento se retrasará.

DIETA LÍQUIDA CLARA SEGÚN LA INFORMACIÓN ESCRITA PROPORCIONADA EN LA SIGUIENTE PÁGINA.

SI EXPERIMENTA SÍNTOMAS BAJOS EN AZÚCAR, TOME INMEDIATAMENTE UNA SOLUCIÓN DE AZÚCAR O JUGO CLARO COMO EL JUGO DE MANZANA.

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**YOUR GI CENTER**  
PEOPLE COME FIRST

[www.yourgicenter.com](http://www.yourgicenter.com)

facebook.com/yourgicenter

Email: [hello@yourgicenter.com](mailto:hello@yourgicenter.com)

Toll free: 888-292-0010

Fax: 979-292-0488

NO FUMAR DESPUÉS DE LA MEDIANOCHE.

NO TOME ACEITE DE PESCADO, VITAMINA A O CUALQUIER OTRO MEDICAMENTO O VITAMINAS A BASE DE ACEITE DURANTE 3 DÍAS ANTES DE SU PROCEDIMIENTO.

**w w w . y o u r g i c e n t e r . c o m**

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