

IOANNIS & PAVLOS KAIMAKLIOTIS
Gastroenterology - Hepatology
American Board Certified
1, Troias 2023 Strovolos Nicosia
Tel: 22465999, 99312830, 97774178

Patient name:

Date/time of procedure:

CAPSULE ENDOSCOPY PREPARATION

2 DAYS BEFORE THE PROCEDURE

Avoid eating fruits that contain spores (figs, grapes, pomegranates, etc.) and vegetables. Also avoid bread with sesame seeds or any kind of seeds.

1 DAY BEFORE THE PROCEDURE

- **Light breakfast until 8:00 am:** Coffee, white toast (cold cuts, egg), juice (not fresh) or white cereals such as classic corn flakes. It is forbidden to include fruits or vegetables in your breakfast (as well as cucumbers, tomatoes, etc.). Avoid dairy consumption.
- **Light lunch until 1:00 pm:** Spaghetti, vermicelli, rice, toast
- **After lunch until 5:00 pm:** Drink liquids, such as water, fresh juice, tea, coffee and seven up/sprite, lucozade, gatorade, jelly (not red), mahalepi, granita ice cream and chicken/vegetable broth.
- **5:00 pm: Start taking Fortrans sachets**
Instructions: Dissolve each sachet in a liter of water. You can freeze it, or add lemonade/orange juice (squash), sprite and juice (not fresh) if it helps improve the taste of the medicine. Take a glass every 15-20 minutes until all 3 sachets are finished, in about 2½/3½ hours. Then you can drink water or tea until midnight.

In case of nausea or vomiting, stop taking the laxative for a while, drink chamomile tea and continue.

NOTES

- Often, after the first glasses of Fortrans, it is natural to feel some bloating due to the large amount of fluids you drank. But these are temporary and will stop as soon as the defecation begins.