

**Reminder notice. How to prepare yourself for the examination.
Capsule endoscopy.**

- On the day before the examination after your lunch follow the liquid diet which was prescribed by your doctor.
- Usually the examination is scheduled in the morning, therefore 10-12 hours before you swallow a capsule do not eat and do not drink, except the necessary medicines with a small amount of water.
- 2 hours before the examination do not take any medicines.
- One hour before the examination abstain from smoking.
- Patients with significant hairiness of the abdominal area on the day of examination should shave the abdominal area 15 cm area above and below the navel. You can shave yourself at home, or this will be done by the nurse of general practice at the Centre.
- For the examination come to the physician wearing slip-on, two-part clothes.