GIVENS CAPSULE

Day before ________________________________

Regular diet until 12 noon
After 12 noon, clear liquids*
No smoking 24 hours prior to capsule
Nothing to eat or drink after midnight
   (Except meds with sip of water)
Male patients- shave (hairy) abdomen 6 inches above and 6 inches below navel

Day of ________________________________

No meds for 2 hours prior to appt
After capsule ingestion:
   Nothing for 2 hours
   Clear liquids after 2 hours*
   Light snack after 4 hours**
   Regular diet after 8 hours

*Clear liquid diet

Black Coffee (Non-dairy creamer ok)   Jell-O (NO fruit & NO red)
Water                                 Bouillon (Chicken or Beef)
7-UP                                  Cranberry Juice
Apple Juice                           Popsicle’s (NO red)
Tea                                    Coke
Sprite                                 Pepsi
Ginger Ale                             Gatorade
Mt Dew                                 Dr Pepper

**Light Snack

Soup        ½ Sandwich       Eggs       Toast
Cereal      Salad            Potatoes   Rice