



## CAPSULE ENDOSCOPY PREPARATION

Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_

YOU MUST ARRIVE AT \_\_\_\_\_ A.M. ON \_\_\_\_\_.

YOU WILL BE THERE ABOUT ½ HOUR.

YOU WILL NEED TO RETURN TO THE RGI OFFICE AT \_\_\_\_\_ P.M. THAT SAME DAY.

**Day Before Examination: NO SOLID FOOD THE ENTIRE DAY BEFORE EXAM.**

1. Early in the morning mix the 119 gram bottle of MiraLax with any 32 oz clear liquid. Shake well until dissolved. Refrigerate so that the prep will be chilled to drink later.
2. Drink only **CLEAR** liquids for breakfast, lunch and dinner until 6:00 PM. **CLEAR LIQUIDS ALLOWED:** water, clear fruit juices like apple, white grape, white cranberry, flavored Jell-O without fruit, broth/bouillon, HI-C, Kool-Aid, ice pops, Italian ice, Gatorade, or light colored soda (diet or non-diet).
3. Avoid drinking liquids that are red or purple in color: NO coffee, tea, red wine or dark colored sodas.

**\*\*\*IT IS IMPORTANT THAT YOU DRINK PLENTY OF, AND A VARIETY OF, LIQUIDS THROUGHOUT THE DAY TO PREVENT DEHYDRATION. MINIMUM OF ONE GALLON.\*\*\***

4. At 6:00 PM begin drinking the MiraLax prep. Drink an 8-oz. glass at least every 10-20 minutes. Drink rapidly rather than sips as this helps the prep to work better. It will take up to approximately 2 hours to finish.
5. You may feel bloated and nauseated at first (this is common and should disappear after bowel movements begin).
6. Eventually stools will be a yellow-clear liquid.
7. After completing the prep, you may resume clear liquids only (as listed above). You may continue clear liquids until 12 midnight, then nothing by mouth.
8. Take NO iron medication for 5 days prior to the procedure.
9. Patient is responsible to contact your PCP for diabetic medication instructions.

**The Day of the Capsule Endoscopy:**

1. Critical medications may be taken two (2) hours prior to procedure with a sip of water.
2. One (1) hour before your procedure, please take any simethicone (ex., Flatulex, Gas Relief, Gas-X, Gas-X Extra Strength, Mylicon, Mylanta, etc.) to equal 150-200 mg. which can be purchased at the pharmacy without a prescription.
3. Wear loose fitting clothes – preferably two (2) pieces.