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## **Capsule Endoscopy Prep Guide**

**Purchase MiraLax laxative (4.1oz) over the counter from any pharmacy.**

### **OVERVIEW**

Capsule Endoscopy uses a small camera that fits inside a capsule that is about the size of a large pill. The camera takes pictures of the small intestine which is normally beyond the reach of regular endoscopes. After the capsule is swallowed, it begins to take pictures of the digestive tract at regular intervals. The picture data is delivered to a recording device (belt and recorder) that is worn continuously during the study. The study can take up to 8 hours. At the end of the tests, the equipment is returned and the data is uploaded to a computer for review by your physician.

The capsule is disposable and will be excreted naturally with a bowel movement. Rarely, the capsule may not be excreted naturally, in which case it will need to be removed either endoscopically or by surgery.

To ensure a successful exam, please follow all instructions carefully.

### **What to Bring**

- A list of your current medications, your insurance card and Photo ID
- Wear comfortable, loose-fitting clothing

### **THREE DAYS BEFORE CAPSULE ENDOSCOPY**

- Please notify our office if you have had any major health or medication changes since scheduling your procedure. This could affect your preparation instructions.
- Pick up MiraLax laxative (4.1oz) at your pharmacy.

### **Stop Taking**

- Iron pills or vitamins with iron
- Fish Oil

### Stop Eating

- Seeds, nuts, tomatoes, berries, multigrain breads

### Patients that are Diabetic

- Evening Dose Only: Take ½ the dose of your diabetic medication(s) the day before your procedure
- No dose the day of the procedure

### **ONE DAY BEFORE CAPSULE ENDOSCOPY**

- No tobacco products 24 hours prior test.
- 2:00pm start clear liquid diet.

### Clear Liquid Suggestions:

- Gatorade
- Coffee or tea without creamer
- Carbonated and non-carbonated soft drinks
- Kool-Aid or other fruit-flavored drinks
- Apple juice, white cranberry juice or white grape juice
- Jell-O, popsicles
- Chicken, beef or vegetable broth

**\*Do not drink red or purple colored liquids.\***

**6:00pm:** Miralax should be started - using 1 dose of Miralax in 8 ounces of CLEAR LIQUID and repeat every hour for a total of 4 doses. (6pm,7pm,8pm,9pm)

- Nausea is common while drinking prep. If this occurs, stop drinking for 30 minutes before restarting.
- Walking around may help relieve nausea.
- Bowel movements usually occur within 3 hours of starting prep but may take longer. It is recommended to stay near a restroom at this point.
- Nothing by mouth after midnight (you may have sips of water for medications).

**DAY OF CAPSULE ENDOSCOPY:**

- Take your usual morning blood pressure and cardiac medications at least 3 hours prior to your appointment time with sips of water.
- Nothing to eat or drink. No candy or chewing gum.
- Do not apply lotion or powder to your abdomen.
- Wear 2 loose-fitting tops that are not see through and are long enough to reach hip level.