



Name _____

Appt date: _____

Arrival time: 7:45 AM Suite 3020 Building C

Preparation for Capsule Endoscopy

1 week prior to the procedure:

- Stop all iron, vitamin and herbal supplements.
- Avoid foods with seeds such as flax seed, popcorn, nuts, berries, etc.
- Purchase a bottle of Miralax at any drug store or pharmacy; it is available over-the-counter.

1 day prior to the procedure:

- Start clear liquids.
 - Clear liquid examples include water, coffee, tea (without milk or creamer or nondairy creamer), clear fruit juice (apple, white cranberry, white grape), soda pop/cola, bouillon, popsicles, jell-o.
 - Avoid RED colored liquids.
 - NO alcohol.
- At 7 PM, mix 5 capfuls of Miralax in 32oz of water. Drink mixture over the next hour, complete by 8 PM.
- Starting at 8 PM, you will have nothing to eat or drink until 11 AM the next day, after ingestion of the capsule.
- You will continue your regular medications unless directed otherwise. You can take your medications with a small amount of water prior to 8 AM
Diabetic medications require special instructions: Take ½ your usual dose the day prior and hold the medication the day of – unless directed otherwise. If you are on Insulin, please call for additional instructions.
- Nothing by mouth starting two hours prior to arrival time.
- If you smoke, you will need to **stop smoking 24 hours prior** to arrival time.

Day of the procedure:

- Nothing to eat or drink two hours prior to arrival time.
- Wear loose fitting clothes; shirt/blouse, pants/sweats/jeans.
A belt may be placed around your abdomen and electrodes with wires will be attached to your upper and lower abdomen; they will extend out of the bottom of your shirt and be connected to a recording device that you will wear throughout the day.

After ingestion:

- After 1 hour, you will want to increase your walking to encourage the Pillcam transit.
- At 11 AM, you may start clear liquids.
- At 1 PM you may have a light lunch/snack; (soup, sandwich, chicken, turkey, etc. Avoid red meats and heavy/fatty meals).
- You will return to the office at 4 PM for removal of recording device and belt/electrodes.

After the procedure:

- Once home, you will resume your regular activities, diet and medications.
- You may **not** see the Pillcam in your stool. **If** you develop unexplained nausea, abdominal pain or vomiting, contact your doctor for evaluation and possible X-ray of the abdomen.