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**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.**

**Location:**

* **Regional Gi – 2112 Harrisburg Pike, Suite 202, Lancaster PA 17604**
* **Regional Gi – 4140 Oregon Pike, Ephrata PA 17522**

**Day Before Examination:**

\* 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.

1. You may eat a normal breakfast the day of your prep. Please complete your breakfast by 9 am.

2. Drink only **CLEAR** liquids after breakfast 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.

10. Please cease all medicinal and recreational smoked or vaporized cannabis (weed) 12 hours prior to surgery. Ingested cannabis or CBD oil must be stopped 8 hours prior to surgery.

**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.

1. Wear loose fitting clothes – preferably two (2) pieces.