

Video Capsule Endoscopy Preparation Instructions

Hillmont, GI 215 402.0800

DATE: _____ **TIME:** _____ **am/pm**

A good preparation leads to a better exam.

Purchase one small bottle (4.1 oz/119 grams) of Miralax - available over the counter.

3 DAYS BEFORE YOUR CAPSULE ENDOSCOPY PROCEDURE: Stop taking iron pills

THE MORNING BEFORE YOUR CAPSULE ENDOSCOPY PROCEDURE:

- You may have a light breakfast followed by a light lunch up until 3:00pm.
- **No more solid food after 3 PM**
- **Clear liquids only after 3 PM: liquid that you can see clearly through. Avoid RED and PURPLE**
 - Water
 - Carbonated beverages / soda
 - Gatorade® Kool-aid®
 - Jello® Popsicles or water ice
 - Coffee or Tea– without milk, non-dairy creamer or cream
 - Clear fruit juices without pulp – apple, grape, lemonade, etc
 - Clear hard candy, sugar, and lemon
 - Clear broth (chicken, beef, vegetable, etc)

9 or 10 PM THE NIGHT BEFORE THE CAPSULE ENDOSCOPY PROCEDURE:

- thoroughly mix 17 grams of Miralax (1 packet or 1 capful) with 8 ounces of water and drink it. Have at least another glass or two of water before bedtime. The preparation will probably work better with more even more fluids. This typically does not result in diarrhea. No solid food

ON THE DAY OF YOUR PROCEDURE:

- Hold medications until 2 hours after ingestion of capsule unless your doctor deems it necessary, then they can be taken with small sips of water.
- **1 hour prior to appointment**_____ take some more preparation. Thoroughly mix 17 grams of Miralax (1 packet or 1 capful) with 8 ounces of water and drink it. Drink an additional one to two glasses of water. The preparation will probably work better with more even more fluids. This typically does not result in diarrhea. No solid food.