

Capsule Endoscopy Preparation

Purchase the following;

- One 238-gram bottle of Miralax (polyethylene glycol)
- 2 L of non-carbonated clear liquid beverage of your choice, or Crystal Light if diabetic. Be sure that the beverage is not red.
- One box of Phazyme or Gas-X (simethicone) 180 mg

The day prior to your exam:

- After consuming a light breakfast, stay on a clear liquid diet for the remainder of the day.
 - Water, tea, coffee without any dairy products
 - Fruit juices without sediment NO ORANGE JUICE
 - Plain Jell-O (no red Jell-O or juices)
 - Broth
 - Nothing red or purple
- Mix clear liquid beverage of your choice (Or Crystal Light if diabetic) with entire bottle of Miralax (polyethylene glycol). You can add water to bring to 2 liters (half a gallon) if needed.
- **At 7:00pm the day prior to your exam**, drink half of the Miralax (polyethylene glycol) mixture. You can discard the other half.

At 10:00pm the day prior to your exam, take Phazyme or Gas-X (simethicone) 180 mg.

DAY OF THE PROCEDURE

- Do not take any medication, food or fluid on the morning before you arrive at the office. Do not swallow your toothpaste or mouthwash.
- **At 6 am**, take another dose of 180mg Phazyme or Gas-X.
- Come to the office to swallow your capsule.
- It is important to move during the procedure so please make sure you walk around through the day, especially during the first 2 hours.
- For the first 2 hours after ingesting the capsule do not eat or drink anything.
- After 2 hours, you can have clear liquids and your medication.
- After 4 hours you can have a light lunch.
- Return to the office where you swallowed your capsule at 4 p.m. so the equipment can be disconnected and the images downloaded to the computer.
- At this time, you can resume a normal diet.
- Throughout the 8-hour test please verify that the blue light is flashing every hour (if it is not flashing call the office immediately).
- Do not disconnect any of the equipment during the 8-hour period.

- Avoid any strenuous activity, especially if it involves sweating.
- Please wear an upper garment of thin, natural fiber (T-shirt) that is long enough to reach at least to the hip level and will not ride up above the sensor belt used for the procedure.

Important Things to Know

- After ingesting capsule until it is excreted, you should not be near electromagnetic fields such as MRI or amateur (ham) radios. Personal computers are fine.
- No MRI for two weeks following the procedure. If an MRI is necessary within 3 months and you have not witnessed the capsule passing in your stool, please contact your physician.
- Contact your physician immediately if you experience abdominal pain, nausea or vomiting.
- Vomiting is a common reaction when taking laxatives. If you experience vomiting less than one hour after drinking the bowel prep, please call the office for additional instructions.

A \$100.00 fee may be applied if an appointment is cancelled or rescheduled with less than 72 hours' notice.