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Capsule Endoscopy Prep

Purchase one small bottle (4.1 oz/119 grams) of miralax this is available over the counter. You will use a total of 51 grams

3 DAYS PRIOR:

- Stop taking iron pills

THE DAY BEFORE YOUR PROCEDURE DAY:

- You may have breakfast followed by a light lunch up until 3:00pm.
- **3:00PM** begin clear liquid diet (see suggestions below)

CLEAR LIQUID DIET

Suggestions for clear liquids

Anything that you can hold up to the light and see through

NOTHING RED OR PURPLE

- Water
- Coffee-without milk, non-dairy creamer or cream
- Tea-without milk, non-dairy creamer or cream
- Carbonated beverages (such as coke, diet coke, ginger ale, sprite)
- Gatorade
- Kool-Aid
- Strained fruit juices (no pulp), apple, lemonade etc
- Clear broth (chicken, beef etc.)
- Jello
- Popsicles or water ice
- Clear hard candy, sugar and lemon are ok

Avoid

- All solid foods
 - Milk, milk drinks, cream, non-dairy creamer
 - Orange juice
 - Fruit juice with pulp
 - Alcoholic beverages
- **10:00PM** mix 17 grams of miralax (1 packet or 1 capful) with 8 ounces of water.
NOTHING to eat or drink after 10:00pm dose of miralax

ON THE DAY OF YOUR PROCEDURE:

- Hold medications until 2 ours after ingestions of capsule unless your doctor deems it necessary, then take small sips of water with medications.
- 1 hour prior to appointment _____ take second dose of miralax (1 packet or 1 capful) with 8 ounces of water. Followed by an additional 8-12 ounces of just water.
- Capsule ingested at _____ am/pm
- Resume clear liquids 2 hours after ingesting capsule or _____ am/pm.
- Resume solid foods (light lunch) 4 hours after ingesting capsule and take third dose of miralax (1 packet or 1 capful) with 8 ounces of water _____ am/pm.

*******IMPORTANT:CAPSULE NEEDS TO BE RETRIEVED!!!!**

NOTE:

- It takes on average about 48 hours to pass the capsule. If you haven't passed the capsule at 72 hrs after capsule ingestion, contact your doctor.
- Please adhere to the instructions provided for capsule retrieval.
- Visit <http://www.capsovision.com/products/capsoretrieve> to watch the retrieval video.

Please notify the office once capsule has been retrieved and shipped 215-402-0800 option 7

**Your Capsule endoscopy is scheduled for _____
at _____ AM/PM**

If you have any questions before, during or after the procedure please call the office at 215-402-0800 option 7 to speak with one of the Medical Assistants.