

Name _____

Appt date: _____

Arrival time: **7:45 AM**

Instructions and 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 over-the-counter.

❖ 1 day prior to the procedure:

- Start clear liquids.
 - ◆ **Clear liquids** = water, coffee, tea – without milk or creamer or non-dairy creamer, clear fruit juice – apple, cranberry, white grape juice, soda pop/cola, bouillon, popsicles – no red, jell-o – no red. 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.
 - ◆ Diabetic medications require special instructions.
- You will hold your medications starting two hours prior to arrival time.
- If you smoke, you will stop smoking 24 hours prior to arrival time.

❖ Day of the procedure:

- Wear loose fitting clothes; shirt/blouse, pants/sweats/jeans.
 - ◆ 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 electrodes.

❖ After the procedure:

- Once home, you will resume your regular activities, diet and medications.
- If you do not positively verify that you have expelled the pillcam from your body and you develop unexplained nausea, abdominal pain or vomiting, contact your doctor for evaluation and possible x-ray of the abdomen.

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