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### **CAPSULE ENDOSCOPY PREP INSTRUCTIONS**

Patient: \_\_\_\_\_ DOB: \_\_\_\_\_

Exam Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Time: \_\_\_\_\_ Belt Return Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Time: \_\_\_\_\_

#### **ITEMS TO PURCHASE OVER THE COUNTER- NO PRESCRIPTION REQUIRED**

1. One 238-gram bottle of MiraLax powder (You will only use 119-grams)
2. One 32-ounce bottle of Gatorade (**NO RED, PURPLE or BLUE DYES**)
3. Over the counter Gas-x Pills

#### **3 DAYS PRIOR TO PILLCAM PROCEDURE:**

1. **AVOID**- Corn, Nuts, popcorn, foods with seeds and large amounts of red meat.
2. Drink plenty of liquids to stay well hydrated. This will be helpful for the tolerance of the PillCam Prep.

#### **DAY BEFORE PILLCAM PROCEDURE:**

1. DO NOT DRINK ANY ALCOHOL
2. NO SMOKING ALLOWED FOR 24 hours prior to procedure.
3. Eat a light breakfast and then a clear liquid diet all day.
4. At 8:00pm - Mix **HALF** (119-grams) of the bottle of MiraLax (about 7 scoops) in 32 ounces of Gatorade. Shake the solution until dissolved. Drink 8 ounces (one glass) every 15 minutes until the solution is finished.
5. You may drink water up until 10pm the night before your procedure.
6. After the solution is completely consumed, do not eat any food or liquids except for necessary medication with a sip of water.

#### **DAY OF CAPSULE ENDOSCOPY:**

1. Do not take any medication 2 hours before having the exam.
2. Wear an upper garment of thin, natural fiber such as a T-shirt that is long enough to reach at least to hip level and will not ride up above the belt.
3. Arrive to your appointment at the scheduled time: \_\_\_\_\_.
4. Please swallow 3 gas-x pills with a sip of water 30 minutes before your appointment.

#### **AFTER SWALLOWING PILL CAM:**

1. You may drink clear liquids starting 2 hours after swallowing the Pillcam SB capsule.
2. You can move to full liquids (broth, coffee, orange juice and opaque drinks) 4 hours after swallowing the Pillcam SB capsule
3. You may have a light snack 6 hours after swallowing the Pillcam SB capsule.
4. Be sure the sensor belt is tight at the waist. Do not attach anything to it.
5. Check the blue flashing PillCam recorder every 15 minutes to be sure it is blinking twice per second. If it stops blinking or changes color, note the time and contact your doctor.



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6. Use the supplied Capsule Endoscopy Event Form, to note the time of any event such as eating, drinking or a change in your activity. Return the completed Event Form to your doctor at the time you return the equipment.
7. Avoid strong electromagnetic fields such as MRI devices or ham radios after swallowing the capsule and until you pass it in a bowel movement.
8. Do not disconnect the equipment or completely remove the PillCam recorder at any time after swallowing the Pillcam SB capsule.
9. Treat the PillCam recorder carefully. Avoid sudden movements and banging of the recorder.
10. You will return back to the office after 8 hours and can resume a normal diet at this point.

**After Completing PillCam Capsule Endoscopy - Return to the doctor's office at the scheduled time to have the equipment removed.**

## **CLEAR LIQUID DIET**

### **Beverages:**

Coffee (no cream)

Tea

7UP / Sprite / Ginger Ale

Apple Juice / White grape juice

Lemon-Lime Gatorade / Crystal Light

Lemonade

### **Soups:**

Bouillon

Fat Free chicken broth

Clear Broth

### **Sweets & Desserts:**

Honey

Sugar

Green/Yellow/White Popsicles

Butterscotch Candy

Hard Candy (Green, Yellow, or Clear)

Jolly Ranchers (Green, Yellow or Clear)

Jell-O (Plain, Lemon Lime, or Pineapple (no chunks))

**NO SOLID FOODS  
CLEAR LIQUIDS ONLY  
NO RED, PURPLE OR BLUE DYES**

**Deviating from this diet will prevent adequate preparation of the colon for the exam and can result in needing to repeat the procedure at a later date.**