



Prep for Capsule Endoscopy

Patient Name: _____

Date of birth: _____

Date Scheduled: _____

Arrival Time: _____

Day Before Procedure:

- Please avoid iron and iron supplements for at least 3 days prior to this exam. Avoid any non-essential medications for 24 hours prior to exam
- Avoid smoking for 24 hours prior to this exam and for the duration of the exam
- You will be on a clear liquid diet the entire day before the exam. No solid food.
 - Examples: Water, Apple Juice, White Grape Juice, Crystal Light, Gatorade, Clear Fat Free Broth, Jell-O, Popsicles
 - Please **AVOID** products with Red, Blue, or Green dye and dairy products
- Nothing to drink after 10 pm (Small sips of water with medications)
- **Take 17 Games of Miralax with a full glass of water at bedtime**

Day of Procedure:

- Hold any non-essential medications until 2 hours after ingestion of capsule
- ****Take 17 Grams of Miralax with full glass of water one (1) hour prior to appointment (after you wake up)**
- Arrive at _____ am on _____
- Ingest CapsoCam with Water
- Resume clear liquids 2 hours after ingesting capsule or at _____ am
- Resume light solid foods 4 hours after ingesting capsule or at _____ am/pm
 - Example: Crackers, Dry Toast

- **Take 17 grams of Miralax with a full glass of water 5-6 hours after capsule ingestion.**
- Resume solid normal diet 6 hours after ingesting capsule or at _____ pm.

NOTE:

- The average time for passing of capsule is between 3-30 hours
- If you have experience any abdominal pain, nausea, or vomiting during the Capsule Endoscopy please contact the office right away
- Please adhere to the instructions for capsule retrieval, using the kit that has been supplied and bring the capsule back to the office
- Your study's success depends on you successfully retrieving the capsule
- **If you lose the capsule, you lose the study data and possibly will have to repeat the test. In addition you will be required to pay for the cost of the capsule.**

If you have any questions before, during or after the procedure please call our office at 386-427-0390 and ask to speak with _____.