



Instructions for the Capsule Endoscopy

Patient's name: _____ Date: _____ Time: _____

Your physician has determined that, as part of your medical evaluation, you should undergo an examination known as Capsule Endoscopy. Instructions for this procedure are as follows:

- Please stop iron supplements 7 days prior your appointment.

PURCHASE

1. One 64 oz. bottle of Gatorade or Powerade.
2. One 238 gm bottle of Miralax. (Over the counter, no prescription required)
3. One Reglan (Metoclopramide) 10 mg tablet. (This prescription was electronically sent to your pharmacy)

THE DAY BEFORE YOUR PROCEDURE

- After lunch, the day before your procedure, begin a liquid diet.

Clear liquids: Water, Jell-O, Tea, Apple Juice, Gatorade, Beef Broth, Chicken Broth, Vegetable Broth, Carbonated Drinks, Popsicles. (DO NOT drink anything RED, PURPLE or BLUE prior your scheduled appointment.)

- At 1:00 PM, mix the 238 gm of Miralax with the 64 oz. of Gatorade/Powerade and begin drinking.
- Increase intake of clear liquids throughout the day.
- Nothing by mouth after 10:00 PM. You may take any necessary evening medications.
- No smoking for 24 hours prior your scheduled appointment.



THE DAY OF YOUR PROCEDURE

- **DO NOT TAKE ANY OF YOUR REGULAR MEDICATIONS UNTIL THE CAPSULE HAS BEEN IN YOUR SYSTEM FOR TWO HOURS.**
- Take 1 Reglan (Metoclopramide) 10 mg tablet 30 minutes before your scheduled appointment. (This prescription was electronically sent to your pharmacy)
- Wear loose fitting two-piece clothing; the data is worn around your waist.
- When the capsule has been in your system for two hours, take morning medication as usual.
- After four hours have passed, you may have a light snack (i.e. a cup of soup and half sandwich).
- You will be given a hat to set in your toilet to check your stool to make sure the capsule has passed. If it has not passed in three days, we may recommend an abdominal x-ray to check the location of the capsule in your abdomen. Please check your stool daily until the capsule has passed and notify the office when the capsule has passed.

REMINDER OF THE DAY

- You may resume normal activity the remainder of the day. Please avoid any strenuous activity or repeated bending or stooping.
- Do not go near any source of powerful electromagnetic field such as MRI machines or an amateur (ham) radio. Images may be lost.
- Watch to see if the light on the data recorder is blinking throughout the day. If it should stop, call the office.
- The capsule is an 8-hour procedure. Please return to our office at 4:00 PM. We will disconnect the recorder and download the pictures.