

Capsule Endoscopy Preparation

One Week Prior to Colonoscopy

- Stop all iron supplements and vitamins** containing iron 7 days prior to procedure.
- If you take **Coumadin**, or any other blood thinners, approval from your physician will be required. Upon approval, you need to stop the medication as directed. You may continue aspirin if your doctor recommends.

Purchase from Pharmacy

- Miralax 238 gram bottle (8.3 oz)
- Dulcolax Laxative Tablets (4 tablets)
- Gatorade 64 oz. Bottle (**NO RED OR PURPLE**)
- All items can be bought over the counter. You may purchase plain or aloe wipes to prevent a sore bottom.

Day Before Your Capsule Endoscopy

- You will need to be on a clear liquid diet the entire day. You cannot have any solids at this time.**
- At 3 p.m., take 2 Dulcolax tablets with a glass of water.**
- At 5 p.m., add the entire bottle of Miralax with 64 oz. Gatorade.** Mix until well dissolved.
- Drink an 8 oz. glass every 15 minutes until solution is gone. You may chill the solution and drink it through a straw to help with tolerance. Once you have completed the Miralax/Gatorade solution, **take 2 more Dulcolax tablets.**
- If you become bloated or nauseated, you may take a break from drinking for 30 minutes to 1 hour to allow it to move downstream. Then continue to drink at a slower rate.
- If you are diabetic, it is important to keep a check on your blood sugars. You may need to adjust your medications since you will be decreasing the amount of calories you are taking in. We suggest taking half your usual dosage. Please discuss this with your family doctor prior to procedure.

Your stools should become watery from 30 minutes to 3 hrs. after starting colon cleansing. It is important to consume the entire bottle of solution to allow the physician a clear view of your colon.

Clear Liquid Diet

- Ginger ale, orange, sodas, Gatorade, Kool Aid
- Apple juice, white grape, orange juice, lemonade, limeade (no pulp)
- Water, tea, black coffee (No creamer or milk products)
- Broths or bouillon cubes
- Jell-O and popsicles (**NO RED OR PURPLE**)

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On the Day of Your Capsule Endoscopy Appointment

- You may not have any food or drink after midnight, except with enough water to take your medicines.
- You may brush your teeth.
- You may have water at 10 a.m.
- You may resume a clear liquid diet at 11 a.m.
- You may return to your by mouth medications at 11 a.m.
- You may have a regular diet at 1 p.m.
- Return to the office to remove your equipment at 4:30 p.m.

During the capsule endoscopy avoid any activities that would require removal of your capsule equipment. You may return to your other daily activities.

You may operate electrical equipment during your procedure. It is not likely that any household or commercial electronics will interfere with this examination. You may use your cell phone, computer, TV remote, microwave, MP3 player, and digital camera without likely interference. Because the capsule endoscopy equipment is a little ominous in appearance, we do recommend that you avoid going to the bank, airport or government facilities during the procedure.

Avoid other patients undergoing capsule endoscopy. Although the transmission range of this device is limited, it is possible that your images could be altered if you come within 6 feet of another capsule endoscopy patient.

The capsule device will pass naturally in your stool. It is not necessary to retrieve or return the capsule that you have ingested. In some instances, the capsule passes rapidly through the intestine and is expelled while still "blinking". Do not be alarmed if this happens to you. You may dispose of the used capsule by flushing it down the toilet. Most patients do not see the capsule pass in their stool.

If you stopped taking your oral Iron supplement for this examination, you may begin taking it again the day after you ingested your capsule device.

Seek medical advice if you develop abdominal pain with bloating, fever, nausea, vomiting, and difficulty passing stool. These may be signs of obstruction in your intestine and may require medical attention.

You **may not have an MRI during the time** that the capsule is in your body. Should you require an MRI and you have not seen the capsule pass in your stool, tell your doctor so that he/she may order an abdominal x-ray before the MRI to see if the capsule has passed from your body. Most people do not see the capsule pass in their stool.

PLEASE DO NOT REMOVE THE EQUIPMENT YOURSELF!