

Dr. \_\_\_\_\_ has scheduled you for a Capsule Endoscopy exam.

DATE: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ at \_\_\_\_ am / pm at the \_\_\_\_\_ office.

Do NOT take any iron products or multi-vitamins with iron in it for 10 DAYS before your test.

**Purchase:** 4.1oz bottle of Miralax and 32oz bottle of Gatorade (**Not Red, Purple or Orange**). This can be purchased over the counter at any pharmacy. If you are diabetic, you can substitute Gatorade with Crystal Light.

**DAY BEFORE PROCEDURE:**

- You may eat breakfast and a light lunch. Starting at 12 noon you can have CLEAR LIQUIDS until midnight. NO RED DYE.
- Nothing to eat or drink after midnight.
- At 6:00pm: You will need to mix the 4.1oz Miralax with the Gatorade and drink ½ (16oz of the 32oz) prior to bedtime
- Do not take Mylanta, Maalox, Pepto Bismol, Milk of Magnesia or anything else that coats the stomach.

**DAY OF PROCEDURE – INGESTION:**

- Do NOT take your regular morning medications.
- Take the remaining ½ of your Miralax / Gatorade prep 2 hours before your exam. (6am)
- Take 1tbsp of simethicone (i.e., Gas-X, Phazyme) as soon as you get up in the morning.
  - Gas-X or Phazyme dissolving strips (2 strips)
  - Mylicon infant drops / 3 droppers measuring 0.6ml
- Resume water consumption directly after capsule ingestion. Drink plenty of water.

**DAY OF PROCEDURE – AFTER INGESTION:**

- Four (4) hour after ingestion and before a light lunch, take one (1) dose 17-gram packet of Miralax Neatpax with a full glass of water or Gatorade (non-red).
- Please document what you have for lunch: \_\_\_\_\_

**IMPORTANT PATIENT INFORMATION:**

- Following the instructions above, it will typically take 3 – 48 hours to pass the capsule provided regular bowel movements. If you haven't passed the capsule at 72 hours, contact your physician.
- Please adhere to the instructions for capsule retrieval and bring capsule back to the office when convenient for both the office and you.
- After ingesting the capsule and until it is secreted, you should not be near any source of powerful electromagnetic field such as an MRI device.
- Visit <https://youtube.com/watch?v=UdcblnlyKz0> to watch the retrieval video instructions
- **To avoid a repeat of this study, please adhere to your retrieval instructions until capsule is retrieved.**

**REMEMBER:** We cannot download the capsule endoscopy study of your small intestine without the capsule. It is critical that you retrieve the capsule so it can be reviewed by your physician.

\*\* If you have any questions, please call 678-741-5000 and ask for a Capsule Endoscopy Nurse \*\*