

Capsule Endoscopy Instructions

- Please do NOT consume alcohol or smoke cigarettes 14 hours prior to and during the exam.
- **What you need to buy:**
 - A bottle of Miralax or generic Polyethylene glycol that contains at least 238 grams of powder
 - A variety of * clear liquids and 64 oz of Gatorade or similar sports drink in which to mix the Miralax. (No Red, Purple, Orange or Blue)
 - Mylicon drops (bring remaining bottle with you to your appointment)
- **Preparing for the test:**
 - Stop ALL solid foods by noon the day before your examination and begin a clear liquid diet.
 - Mix the 238 grams of Miralax with your Gatorade. Shake or mix the solution until it is dissolved. (You may want to place the mixture in the refrigerator ahead of time to get cold.)
 - At 5:00 PM begin drinking the Miralax/Gatorade solution. Drink all the solution within a two hour period of time. You may continue to have clear liquids until bedtime.
 - At 9:30 PM, take 0.6ml of Mylicon drops with 8 oz of water. This will reduce bubbles in the GI tract.
 - The morning of your test, do not eat or drink anything except the Miralax/Water or Gatorade solution that is to be taken 2 hours before your procedure time. (instructions below)

- **Day of the Test:**

Day of Procedure Time:	Hold medications until 2 hours after ingestion of capsule unless your doctor deems it necessary.
Day of Procedure Time:	Two hours prior to scheduled capsule ingestion time, mix 1 capful (17 grams) of Miralax with a full glass of water or Gatorade and ingest.
Time:	Arrive at office
Time:	Ingest the CapsoCam Plus Capsule with 0.6ml of Mylicon drops in 8oz of water.
Time:	Resume clear liquids for two hours after swallowing the capsule. Make sure to get up and move around every hour for at least five minutes.
Time:	Four hours after capsule ingestion, mix 1 capful (17 grams) of Miralax with a full glass of water or Gatorade, and drink all contents.
Time:	Enjoy a light lunch when you are ready after previous dose of Miralax. Eat a normal dinner. No further diet restrictions are necessary.

- If you have any questions or feel that your prep has not been effective, please call our office at 801-727-4280
- *Clear liquids include apple juice, water, soda, broths, jell-o, coffee (no creamer), tea, water popsicles, ice, slush, vitamin water, Gatorade, Powerade, etc. (Nothing Red, Purple, Orange, or Blue)