



These instructions are intended to make sure that your procedure goes as smoothly as possible. Please read through the entirety of this preparation sheet at least 5 days before your procedure and follow the instructions carefully. If your bowels are not completely empty and clean, your doctor may miss important findings and your procedure may have to be repeated.



**PLEASE CONTACT OUR OFFICE IF YOU HAVE ANY QUESTIONS.**

**What is a capsule Endoscopy?** It is a procedure that involves swallowing a capsule (the size of a large vitamin pill), which you will pass naturally through your digestive system while taking pictures of your intestines. The images are transmitted to the sensors in the belt, which is placed on your abdomen. The sensors are attached to a data recorder, which records the images. The data recorder and a battery are worn in a belt with suspenders around your waist the entire duration of the procedure.

You will report to our office by **8 a.m.** the day of the procedure to be fitted with the device and to swallow the capsule. You will then leave the office and go about your normal day activities (some restrictions apply). You will return to the office at **4:30 p.m.** We will remove the device once it beeps and this will complete your procedure.

The capsule is disposable and will be excreted naturally in your bowel movement. In the rare case that the capsule does not pass naturally, it will need to be removed by an endoscopy or surgically.

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**For your physician to get the most accurate information from this exam, you will need to follow the instructions below.**

### **Five Days Before Your Procedure**

- STOP taking medicines that stop diarrhea - such as Imodium, Kaopectate, or Pepto Bismol.
- STOP taking fiber supplements - such as Metamucil, Citrucel, or Perdiem.
- STOP taking Iron pills or multi-vitamins that contain Iron

### **You will need to purchase**

- One 8.3 ounce (238 gram) bottle of MiraLax
- One 32 ounce bottle of Gatorade, any flavor (not red or purple in color)
- People with diabetes should use Gatorade G2® (NOT RED or PURPLE).

The day before your procedure on: \_\_\_\_\_

- a. Have a light low residue breakfast by **9 a.m.** (coffee, milk, eggs, toast, etc. **Absolutely NO fruit or vegetables.**)
- b. Start a clear liquid diet after 9 a.m. This means **ABSOLUTELY NO SOLID FOODS AFTER 9 a.m.**  
Recommended Liquids:
  - Water, clear sparkling water, sprite, 7-up, Ginger Ale, Mountain Dew, Fresca, Club soda
  - Powered or bottled sports drinks: Crystal light, Gatorade, Powerade (NO RED OR PURPLE)
  - Clear Juices (NO PULP): Apple, white grape, lemonade
  - Popsicles, Jell-o, Hard Candies - NO RED OR PURPLE
  - Clear broth or bouillon (chicken or beef)
  - Coffee and tea (NO MILK OR CREAMER OF ANY KIND)
  - **\*\*NO DAIRY PRODUCTS\*\***
- c. Mix 1/2 of the MiraLax 8.3 ounce (238 gram) bottle in one 32 ounce Gatorade bottle until dissolved
- d. After mixing, place the solution in the refrigerator for a couple of hours before drinking.
- e. Do NOT add ice, sugar, or other flavorings to the solution.
- f. **Between 6 -8 p.m.** THE EVENING BEFORE YOUR EXAM: Begin drinking the Gatorade/MiraLax solution until the bottle is gone.
- g. You will be NPO starting at **10 p.m.**

**NPO means ABSOLUTELY NOTHING MY MOUTH - Including gum, hard candy, tobacco, water**

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The day of your procedure on: \_\_\_\_\_

- a. Take all medications **BEFORE** 6 a.m. with enough water to swallow them comfortably
- b. **Location of Procedure: 4205 McAuley Blvd Suite 375, Oklahoma City, OK 73120**
- c. **Your arrival time is: 7:45 a.m.**
- d. Please dress in loose fitting clothing

#### **During your procedure**

- Avoid touching the recording device
- After swallowing the capsule, do NOT eat or drink anything for 2 hours
- After 2 hours have passed, you can have a clear liquid diet. Avoid red- and purple-colored liquids
- After 4 hours have passed, you can have a light lunch
- After 8 hours have passed, return to the office to return the recorder and sensor belt

#### **After you return the recorder and belt**

- You can resume normal activities and return to a normal diet
- Check your stool over the next 7 days to look for the capsule. It is disposable and should be flushed with the stool if you see it. You do NOT need to save the capsule.
- If you do NOT see the capsule in your stool after 7 days, let our office know. You may need to have an abdominal X-ray done to make sure the capsule is no longer in your intestinal tract.
- After swallowing the capsule and until the time it is excreted, you must NOT be near a magnetic resonance imaging (MRI) machine or schedule an MRI examination.