

Capsule Endoscopy Preparation Instructions

Day BEFORE Your Capsule Endoscopy

1. At NOON on the day before your procedure, start a **clear liquid diet**. You are encouraged to drink plenty of clear fluids, as it will help clean your small bowel.
2. Purchase a 255 gm bottle of Miralax™ or generic equivalent.
3. Mix HALF the powder into 20 ounces of water and drink that between 7 and 8 pm on the evening before your exam.

Day OF Your Capsule Endoscopy

1. Mix the other half of powder into 20 ounces of water and drink that 2 hours before (about 6:00 am) on the day OF your procedure.
2. Take medications AT LEAST 2 hours before your arrival (before 6:00 am).
3. Wear upper garment of thin, natural fiber such as a T-shirt that is long enough to reach hip level.

After you swallow the PillCam

1. You may drink colorless liquids after 2 hours.
2. You may have a light snack after 4 hours
3. Be sure the sensor belt is tight at the waist.
4. Check the recorder every 15 minutes to be sure the blue light is blinking twice per second. If it stops blinking or changes color, please notify us immediately.
5. Avoid strong electromagnetic fields such as MRI devices or ham radios after swallowing the capsule and until you pass it in a bowel movement.

Your capsule endoscopy is scheduled on:

Date: _____

Time: _____

**Questions about your prep?
Call us at (808) 440-6789**

Clear liquids include:

1. Water
2. Gelatin (avoid red)
3. Crystal Light™
4. Gatorade™
5. Black coffee or tea, but do not add milk or cream
6. Sprite™
7. Broth

AVOID the following during the prep:

1. Milk
2. Orange Juice
3. Coffee or tea with cream or milk
4. Soup
5. Alcohol
6. Solid food

Please Remember:

1. Do not disconnect the equipment or completely remove the PillCam recorder at any time during the procedure.
2. Treat the PillCam recorder very carefully. Avoid sudden movements and banging of the recorder.
3. Return to our office between 4 and 5 pm to have the equipment removed.