



CAPSULE ENDOSCOPY INSTRUCTIONS

DAY BEFORE THE EXAM

The day before the exam, you may eat a regular breakfast. You may only have full liquids (yogurt, milkshakes, vanilla pudding) for lunch, then only clear liquids (water, apple juice, white grape juice, plain Jell-O, ice popsicles, clear broth or bouillon, black coffee or tea] for dinner. Do not consume any clear liquid that is red or purple in color. Milk and nondairy creamer are not allowed with clear liquids, however sugar and lemon is allowed.

Between the hours of 6pm and 10pm, mix (1) 238gm bottle of Miralax powder with a 64 oz. electrolyte solution such as Gatorade, Pedialyte, Powerade, (not red or purple in color). Drink the solution to completion.

If you take any medications in the evening, take them before 10pm. You need to stop any further oral intake of clear fluids after 10:00 pm

DAY OF THE EXAM

Do not take anything by mouth [including medications] the morning of the examination. You may brush your teeth, but do not swallow any water. Wear comfortable cotton clothing. Your upper garment must be loose fitting and not have any buttons or zippers.

You do not require a driver for this exam. Please arrive at the office between 7:00 and 7:30 AM (confirm exact time with the office) to set up the video belt and administer the capsule. You may go to work while wearing the belt, as long as there are no two-way radios or strenuous activity involved with your work. You can lie down and rest while wearing the belt, but do not lay on the battery or memory packs.

You are not allowed to have anything to eat or drink for 2 hours after swallowing the capsule. You can only have clear liquids [as mentioned above] at 10:00am and then a light lunch at 12 noon. You can take your daily medications at 12 noon.

Please arrive back at the office between 3:00 and 3:30 PM (confirm exact time with the office) to remove the belt and monitor.

You will receive the results of the exam from your physician within 10 days.