

Capsule Endoscopy | Preparation Instructions

Your provider has determined that as part of your medical evaluation you should undergo a test known as a capsule endoscopy or Pillcam. This procedure involves ingesting a small imaging capsule (about the size of a large vitamin pill). The capsule will pass naturally through your digestive system while taking pictures of the bowels. These images will be stored on a data recorder. After eight hours, the data recorder will be taken off and returned for processing. The capsule is disposable and will be excreted naturally in your bowel movement. We may order an x-ray to check for the capsule if we are concerned that it did not reach the colon.

To ensure a successful exam, please follow all instructions carefully.

If you are diabetic, please refer to the separate instruction sheet for details regarding diabetes medication adjustment.

<p>1 Week Before</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Purchase the following: <ul style="list-style-type: none"> ○ MiraLAX or generic equivalent (polyethylene glycol 3350) A bottle contains 8.3 ounces or 238 grams. You will use approximately 85 grams. ○ One package of either Gas-X Extra Strength Chewable tablets or generic equivalent (simethicone 125mg). ○ Clear liquids for your prep, including 32-ounces of Gatorade, Propel, or Pedialyte. See list below. Avoid red- or purple-colored items. <input type="checkbox"/> Stop taking the following: <ul style="list-style-type: none"> ○ Iron pills or multivitamins with iron ○ Fish oil supplements <input type="checkbox"/> Stop eating any visible seeds, nuts, berries, tomatoes, and multigrain breads.
<p>1 Day Before</p>	<ul style="list-style-type: none"> <input type="checkbox"/> No tobacco products <input type="checkbox"/> Start a clear liquid diet after lunch, avoiding solid foods, milk, chewing gum or alcohol. List of clear liquids below. <input type="checkbox"/> 6pm, mix five (5) capfuls of MiraLAX powder in 32 ounces of Gatorade, Propel or Pedialyte. <ul style="list-style-type: none"> ○ Drink an 8-ounce glass every 15-20 minutes until all of it is gone. ○ Bowel movements usually occur within three hours of starting prep but may take longer.

	<input type="checkbox"/> You may continue to have clear liquids.
<p style="text-align: center;">Day of Procedure – Before Arrival</p>	<input type="checkbox"/> 4 hours prior to your arrival time, please stop all clear liquids. Have nothing else by mouth except what is listed below (crucial medications and Gas-X). <input type="checkbox"/> 2 hours prior to your arrival time, do not take any other medications. <input type="checkbox"/> 30 minutes prior to your arrival time, chew three Gas-X Extra Strength (simethicone) tablets. <input type="checkbox"/> Wear loose-fitting, comfortable clothes; two-piece outfit is preferable. Wear a light-weight shirt under any heavier clothing. We will be placing a sensor belt around your abdomen/waist.
<p style="text-align: center;">Day of Procedure – After Arrival</p>	<input type="checkbox"/> After you arrive, our nurse or medical assistant will review the test, consent form, and the instructions you will follow over the 8-hour capsule procedure. <input type="checkbox"/> You will be asked to ingest the capsule with some water, just like you would take any pill. <input type="checkbox"/> Same day return appointment time will be set. You will return to the same location for a 10-minute visit to disconnect the recorder and remove the sensor belt.

Clear Liquid Diet

Clear liquids are easily digested and leave no undigested residue in your intestinal tract. This is why a clear liquid diet must be followed before a procedure. Not following the diet correctly can affect the prep results and the ability to view your intestinal tract.

Clear liquids contain no solids or pulp. When a clear liquid is in a container such as a bowl or glass, the container is visible through the substance. Although not “clear”, black coffee/tea and sodas like Coke are ok on a clear liquid diet.

<u>Items NOT Okay</u>	<u>Items Okay</u>
SOLID FOODS	[High protein options]
DAIRY\ MILK	<ul style="list-style-type: none"> • Clear vegetable, chicken, or beef broth/bouillon. • Clear protein drinks
ANYTHING COLORED RED OR PURPLE	<ul style="list-style-type: none"> • Flavored gelatin/Jell-O (without fruit) and gummy bears • Clear sports drinks (Gatorade, Powerade, Propel, etc.) • Clear juices (such as apple or white grape) • Coffee or tea (without cream or milk) • Water (plain, seltzer, sparkling, or flavored) • Coconut water (no pulp or mixtures with non-clear juices) • Soft drinks (soda/pop) • Crystal Light
ALCOHOL	

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| | <ul style="list-style-type: none">• Italian ice, plain popsicles/ice pops (no pureed fruit or fiber, no sherbet or gelato)• Hard candies, lollipops, menthol cough drops (Tip: these are helpful to use between glasses of prep!) |
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Tips:

- You need to drink a lot of fluids while preparing for your procedure.
- Buy a lot of different options so you can have a variety to choose from.
- Drink frequently throughout the day to keep from getting too hungry.
- Drinking **high protein** options is especially important. (See high protein options in Items Okay)
- You need calories, so having some options that are not sugar-free are important, even for diabetics.

- Plan to be at home from the time you start drinking the prep until you leave for the procedure.
- Grab a book or your iPad and be prepared for urgent watery stool.
- Wear loose clothing; you may need to get your pants down fast.