

## Preparation for Capsule Endoscopy

### One Week Before Your Procedure:

#### Take all other medications as Prescribed

- If you are diabetic, please refer to the separate instruction sheet for details regarding diabetes medication adjustment and additional preparation instructions.

#### Do not take the following:

- Oil Supplements: Fish oil, Flaxseed oil, or Castor oil
- Iron supplements

#### Purchase the following over the counter items at any pharmacy:

- **One (1) bottle of MiraLAX Powder.**  
A bottle contains 8.3 ounces or 238 grams. You will use approximately 85 grams.
- **One package of either Gas-X Regular Strength or Gas-X Extra Strength Chewable tablets.**  
Please avoid any flavors that contain red dye, like cherry and avoid gel capsules.
  - **Gas-X Regular Strength:** Each chewable tablet will contain 80mg of simethicone. You will need five (5) tablets.
  - **Gas-X Extra Strength:** Each chewable tablet will contain 125mg of simethicone. You will need three (3) tablets.

### DAY BEFORE YOUR PROCEDURE:

#### Please avoid the following:

- Milk Products
- Alcohol
- Chewing gum
- Red & Red Dyed Substances

#### Have a light dinner, finishing it by 6pm. After 6pm, start a clear liquid diet.

- No solid foods of any kind after 6:00PM. Be sure to include high protein options and drink frequently to keep from getting too hungry.
- Examples: Water, popsicles, Italian ice, flavored gelatin/Jell-O, broth/bouillon or consommé, clear/strained juices, black coffee, tea, soda, pop, seltzer, sports drinks (Gatorade, Powerade, Propel), Crystal Light.
  - High Protein Options: Ensure Active Clear, Clear Boost Breeze, Isopure Plus.
- Avoid anything that is colored RED, ORANGE, or PURPLE. Look for CLEAR, YELLOW, BLUE, OR GREEN flavors (examples: lemon, lime, apple, white grape, peach, banana, blue raspberry).

## DAY OF PROCEDURE:

### 1:30am:

- Mix five (5) capfuls of MiraLAX Powder in **32 ounces** of water and drink. Please complete drinking this solution by **2:30am**.
- **You may or may not have bowel movements as a result.**
- **You may continue to have clear liquids.**
- **Clothing:** Please wear a two-piece, loose fitting outfit. Wear a light-weight shirt under any heavier clothing. We will be placing a sensor belt around your abdomen/waist and it will be placed over a light-weight shirt/top.

**4 Hours prior to your arrival time please have nothing more to drink.**

**2 Hours prior to your arrival time, do not take any medications.**

**30 minutes prior to your arrival time**, take your Gas-X Chewable Tablets.

**Gas-X Regular Strength:** Five (5) tablets

– **OR** –

**Gas-X Extra Strength:** Three (3) tablets.

A Nurse will go over the instructions you will need to follow during your 8-hour Capsule Endoscopy test and you will be asked to sign a consent form.

A Sensor Belt will be put around your abdomen/waist. You may wish to wear a layer to hide the belt, such as a jacket or a sweater.

Instructions on dietary restrictions during the day of your exam will be provided by your nurse.

You will be asked to ingest the PillCam with some water, just like you would take any pill.

You will be asked to keep a written event diary during the day of your exam and return with it to the office at the completion of your exam.

Same day return appointment time will be set with you after you ingest the PillCam. It will be at the same location and will take approximately 10 minutes. Your event diary will be collected, and the Sensor Belt will be removed by the nurse.

**If you have any questions regarding this procedure or preparation,  
please call: 503.692.3750**