

Capsule Endoscopy: Preparation and Performance

Gastroenterology Clinic, APMC
611 Grammont St.
Monroe, LA 71201
318.325.2634 or 800.293.2634

Supplies Needed: 1 small bottle of over-the-counter Miralax®

If you are diabetic, you must speak with the nurse regarding your medications

One Week Prior to Procedure: **Stop oral iron medications.**

Day Before Procedure: _____

- _____ You may have a normal breakfast. No solid food after breakfast.
- _____ Clear liquid diet for lunch. Clear liquids include: soft drinks, coffee, tea, Popsicles™, Jell-O™, broth, clear juices and hard candy. **DO NOT HAVE ANYTHING RED OR PURPLE!** You may continue to have clear liquids until 7:00pm. After 7:00pm you cannot have anything to eat or drink.
- _____ 5:00pm Mix 1 capful of Miralax® in 8oz. of Gatorade® or water and drink.
- _____ 5:30pm Mix 1 capful of Miralax® in 8oz. of Gatorade® or water and drink.
- _____ 6:00pm Mix 1 capful of Miralax® in 8oz. of Gatorade® or water and drink.
- _____ 6:30pm Mix 1 capful of Miralax® in 8oz. of Gatorade® or water and drink.
- _____ At 7:00pm take 1 Reglan 10mg tablet with only a small sip of water. (This is for diabetic patients only!)
- _____ Abstain from smoking for 24 hours prior to test.

Day of Procedure: _____

- _____ If you take a diabetic medication, do not take it the morning of the test.
- _____ At 7:00am take 1 Reglan 10mg tablet with only a small sip of water. (This is for diabetic patients only!)
- _____ If critical medications are necessary, these should be taken at **least 2 hours prior** to test. Preferably, medications should be taken 2 or more hours after the test.
- _____ You will continue to fast for 2 hours after capsule placement. You may have thin clear liquids 4 hours after capsule placement. You will have a light lunch.
- _____ Wear loose fitting, two-piece clothing. No layered clothing or thick material. No lotions or powders should be applied the day of the test.
- _____ After ingesting the capsule and until it is excreted, you should not be near any source of powerful electromagnetic fields, such as an MRI device, CT Scan, metal detector or amateur (ham) radio.
- _____ Avoid any medical testing or procedures while wearing the belt.
- _____ You will return to the Clinic between 4:00pm and 4:30pm for removal of capsule harness.

Procedure Date: _____

Procedure Time: _____

Arrival Time: _____

Location: Gastroenterology Clinic, APMC