

PREPARING FOR A CAPSULE ENDOSCOPY

Three days prior to your test:

- STOP taking any iron medications or supplements (ferrous sulfate or multivitamins containing iron).
- Purchase one, one container of Miralax or generic, 238 gram container and Gas X capsules, smallest package.
- Avoid eating nuts, seeds, popcorn, and corn.

One day prior to your test:

- Eat a regular breakfast
- After breakfast, you should follow a CLEAR LIQUID diet for the remainder of the day. You should not eat any solid food. Examples of liquids that you may drink:
 - Chicken broth ○ Gatorade ○ Popsicles ○ White grape juice ○ White cranberry juice ○ Apple juice ○ Jello without fruit
 - NOTHING RED OR PURPLE IN COLOR, NO DARK COFFEE, TEA OR SOFT DRINKS. If you can't see through it, do not drink it.
- **7:00pm:** Mix 7 doses of Miralax/generic in 16 ounces of water and drink over 30 minutes until complete. Drink at least four 8 ounce glasses of clear liquids until 10pm.
- **After 10:00pm:** you should have nothing to eat or drink, except necessary medications with small sips of water.
- **You do NOT have to clear your bowels for this procedure, so if you do not have a bowel movement, this is fine.**

The day of your test:

- Take your morning medications at **6:00am** with small sips of water.
- At 7:00am, take 3 GasX capsules with small sips of water.
- Please dress in loose fitting, two piece clothing.
- Your exam will take place at our Cary office location: 115 Kildaire Park Drive, Suite 201, Cary, NC 27518
- At the office, you will have a pre-procedure interview by a nurse. We will review potential risks of the procedure, including a small (1 in 200) chance of intestinal obstruction. You will be asked to provide informed consent for the procedure.
- We will apply sensors to your abdomen and/or place a Velcro sensor belt around your waist.

- You will swallow the Pillcam capsule, followed by 1-2 glasses of water. The capsule is the size of a large vitamin and is coated to make it easy to swallow.

After swallowing the capsule:

- You should have nothing to eat or drink for 2 HOURS after your swallow the capsule.
- Then:
 - After 2 hours: you can have clear liquids and take medications
 - After 4 hours: you can have a light snack
 - After 6 hours:
you can eat a normal meal
- Contact our office immediately if you experience abdominal pain, nausea, or vomiting at any time during the test.
- Avoid strenuous activity during the test.
- The capsule will record images from your small intestine over a period of 6-8 hours. Do not disconnect the equipment or remove the belt at any time during this period.
- During the test, you should verify every 30 minutes that the small blue light on top of the data recorder is blinking twice per second. If it stops blinking, please note the time and call our office immediately.
- You will return to our office approximately 8 hours after you swallow the capsule. You will be given a specific time to return. We will retrieve the data recorder from you.
- The capsule will pass with your stool sometime in the next 1-2 days. You do not need to retrieve the capsule.