

CAPSULE ENDOSCOPY

DATE _____

PLEASE ARRIVE AT 8:30 A.M.

PREP INSTRUCTIONS

1. THE DAY BEFORE YOUR CAPSULE ENDOSCOPY YOU WILL BE ON A CLEAR LIQUID DIET THE ENTIRE DAY. THE CLEAR LIQUID DIET INCLUDES: APPLE JUICE, GATORADE, POPSICLES, COFFEE, TEA, PLAIN VANILLA ICE CREAM (BEFORE 12 NOON), AND CHICKEN BROTH. YOU MAY HAVE AS MUCH OF THE CLEAR LIQUID ITEMS AS YOU WISH THERE IS NO LIMIT. **NO RED BLUE OR PURPLE IS NOT ALLOWED.**
2. YOU MUST PURCHASE THESE LAXATIVES. WE HAVE THEM AS WELL AS ANY OVER THE COUNTER PHARMACY, AND NO PRESCRIPTION IS NEEDED. ONE SMALL BOX OF DULCOLAX TABLETS. ONE 14 DOSE BOTTLE OF MIRALAX POWDER (238 gm BOTTLE). YOU WILL NEED 64oz. OF A CLEAR LIQUID SUCH AS APPLE JUICE OR GATORADE TO MIX WITH MIRALAX POWDER.
3. AT 10:00AM THE DAY BEFORE YOUR CAPSULE ENDOSCOPY YOU WILL NEED TO TAKE 4 DULCOLAX TABLETS. AT 12:00 NOON YOU WILL MIX THE ENTIRE BOTTLE OF MIRALAX POWDER WITH THE 64oz. OF CLEAR LIQUID SUCH AS APPLE JUICE OR GATORADE. YOU WILL DRINK A GLASS OF THIS MIXTURE EVERY 30 TO 45 MINUTES UNTIL THE ENTIRE 64oz IS FINNISHED. CONTINUE YOUR CLEAR LIQUID DIET THROUGHOUT THE DAY.
4. YOU CAN NOT HAVE ANYTHING TO EAT OR DRINK AFTER MIDNIGHT.
5. YOU WILL NEED TO ARRIVE AT THE OFFICE AT 8:30AM THE DAY

OF YOUR CAPSULE ENDOSCOPY. PLEASE WEAR COMFORTABLE CLOTHING (NO DRESSES FOR LADIES). WE WILL BE PLACING A BELT AROUND YOUR WAIST THAT HOLDS THE MONITOR FOR THE CAPSULE.

6. 2 HOURS AFTER YOU HAVE TAKEN THE CAPSULE YOU WILL BE ALLOWED TO HAVE CLEAR LIQUIDS. 4 HOURS AFTER THE CAPSULE YOU CAN HAVE A LIGHT LUNCH SUCH AS A HALF OF SANDWICH, ONLY MEAT AND BREAD NO CONDIMENTS. YOU MAY ALSO CONTINUE WITH LIQUIDS.
7. PLEASE ARRIVE BACK AT THE OFFICE AT 4:30PM SO WE CAN REMOVE THE BELT/MONITOR. IF YOU PASS THE CAPSULE BEFORE YOU ARE DUE BACK IN THE OFFICE PLEASE CALL OUR OFFICE AT #904 388-8686. IF FOR ANY REASON THE LIGHT ON THE MONITOR CHANGES COLOR OR SHUTS OFF PLEASE CALL OUR OFFICE.

NO IRON PILLS FOR 5 DAYS PRIOR TO
CAPSULE ENDOSCOPY!