

## PILLCAM PREPARATION INSTRUCTIONS

Please visit our website at [www.digestivehealthclinic.com](http://www.digestivehealthclinic.com) and read these instructions carefully. If instructions are not followed, your physician may not be able to complete your procedure. If you have preparation questions, please call our prep hotline 8am-5pm, Monday-Friday at **(208) 489-1887**. For any after-hour concerns you can leave a message with our answering service and we will return your call as soon as possible.

### **You are required to contact our office at (208) 489-1887, IF:**

- You are on *COUMADIN OR OTHER BLOOD THINNERS* so that we can determine if or when you need to stop these medications prior to your procedure.
- You are *INSULIN-DEPENDANT DIABETIC* and need specific instructions.
- You have questions about which medications you should and should not take.
- You **MAY NOT** be a candidate for this endoscopy if you have a cardiac pacemaker, pacemaker defibrillator, TENS unit or other electro-medical device. Please notify our office if you have any of these.

### **WHAT TO PURCHASE AT YOUR GROCERY STORE:**

- **Miralax 119gm bottle** (sold over the counter).
- 32 oz of clear liquid such as Gatorade, Crystal Light or water.

### **THE DAY BEFORE YOUR PROCEDURE:**

- You will have a regular diet until 12:00 noon. You should continue drinking clear liquids.
- Visit [www.digestivehealthclinic.com](http://www.digestivehealthclinic.com) for examples or suggestions for clear liquids.
- 5:00 pm: Mix the Miralax in 32 oz. of clear liquid. Drink one glass every 15 minutes until gone. This will induce stools.
- **If you experience nausea and vomiting, slow down or take a break from drinking the solution.** Using a straw and/or sucking on hard candy may help you drink the solution.
- Stay well hydrated and continue to drink clear liquids all evening until midnight.
- You should continue your normal medications unless instructed otherwise.

### **ON THE DAY OF YOUR PROCEDURE:**

- Unless directed otherwise, you may take your regularly scheduled prescription medications (no vitamins, minerals, and herbal supplements) with small sips of water.
- Please bring a list of your current medications to your procedure.
- You may shower the morning of your procedure, but do not use any lotions or powders. Dress in loose fitting clothes.

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