



Idaho Endoscopy Center

## CAPSULE ENDOSCOPY PROCEDURE PREPARATION

### MIRALAX

A Capsule endoscopy is a non-invasive, vitamin-sized device that you swallow. It captures images of the small intestine as it travels through the digestive system. The small intestine is an area that is typically hard to reach and visualize using a traditional endoscope. Please follow the prep instructions below to ensure clear visualization of your small intestine. Failure to follow the instructions may result in your appointment being rescheduled.

### 5 DAYS PRIOR TO YOUR PROCEDURE

Purchase ALL of the following non-prescription/over the counter bowel prep items:

- ☐ One (1) bottle of Mylicon (Simethicone) Drops
- ☐ One (1) 119 gram bottle of MiraLAX (SmoothLAX, ClearLAX or generic equivalent)
- ☐ 40oz of a sports drink (Gatorade, Powerade, Propel, Pedialyte): NO RED OR PURPLE LIQUIDS

### 1 DAY PRIOR TO YOUR PROCEDURE

- ✓ **HYDRATE:**
  - Drink at least 64oz of water before starting your bowel preparation as it may cause dehydration
- ✓ **BREAKFAST**
  - You may have a regular meal for breakfast
- ✓ **LUNCH**
  - You may have a light lunch (example: soup and sandwich). After lunch you may only consume a clear liquid diet up until 10pm.
    - Examples include: water, chicken broth, apple or white grape juice, sport drinks, popsicles, Jell-O, coffee and tea (no cream), and soft drinks
  - Do **NOT** consume alcohol, creamer, red or purple liquids
- ✓ **BEGIN BOWEL PREPARATION:**
  - 7:00PM
    - Mix 6 capfuls (102 grams) of MiraLAX in 32oz of sports drink of your choice
    - Drink one (1) 8oz glass of solution every 10-15 minutes until all 32oz is gone
    - You should complete consumption of 32oz solution within 1-2 hours
  - 9:30PM
    - Mix 0.6mL of Mylicon (simethicone) drops in 8oz of water
    - Continue to hydrate with clear liquids until 10pm
  - 10:00PM
    - **DO NOT DRINK ANY LIQUIDS OR CONSUME ANYTHING BY MOUTH**

## DAY OF YOUR PROCEDURE

### ✓ 3 HOURS PRIOR TO APPOINTMENT:

- Mix 1 capful (17 grams) of MiraLAX in 8oz of a sports drink of your choice
- Once all 8oz is consumed:
  - **DO NOT DRINK ANY LIQUIDS OR CONSUME ANYTHING BY MOUTH.** Failure to comply will result in your appointment being cancelled!

### PREPARING FOR ARRIVAL

- ✓ Please complete electronic intake paperwork sent via text/email. Accommodations/assistance will be available upon your request.
- ✓ Leave your valuables (watches, jewelry, personal effects) at home. We will not be responsible for these items.
- ✓ Bring your photo ID, insurance card, and updated medication list.
- ✓ Do not bring children, as we are unable to provide accommodations for their care and comfort.

## MEDICATION ADJUSTMENTS

- ✓ **For Diabetic Patients:**
  - Remember to check your blood sugars frequently the day before and day of your procedure.
- ✓ **For Patients Taking GLP-1 Medications:**
  - Examples include Ozempic, Wegovy, Zepbound, Trulicity, Bydureon, Byetta, Saxenda, Victoza, Adlyxin, and Rybelsus.
    - **If you take your GLP-1 medication daily:** Do not take it on the day of your procedure.
    - **If you take your GLP-1 medication weekly:** Do not take it for 7 days before the procedure.

## Need More Help?

- If you have any questions about these instructions, please call our office during regular business hours 8:00AM–5:00PM Monday through Friday at 208-489-1887.
- If you need to call after 5:00PM, please use 208-489-1900.

## Frequently Asked Questions (FAQs)

- For answers to frequently asked questions, visit our website: [www.digestivehealthclinic.com](http://www.digestivehealthclinic.com)