

CAPSULE ENDOSCOPY PREPARATION INSTRUCTIONS

Please visit our website at 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.

WHAT TO PURCHASE AT YOUR GROCERY STORE:

- **Miralax – 1 bottle** containing at least 153gm or more (sold over the counter)
- **Mylicon® (Simethicone) drops** – smallest bottle possible (sold over the counter)
- 32 oz of clear liquid such as Gatorade, Crystal Light or water, avoid liquids with red or purple dyes

THE DAY BEFORE YOUR PROCEDURE:

- You will have a regular diet until 12:00 noon. You should continue drinking clear liquids for the remainder of the day/night until 10pm.
- Visit www.digestivehealthclinic.com for examples or suggestions for clear liquids.
- **7:00 pm:** Mix **7** capfuls (119gm) 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.
- **9:30 pm,** take 0.6 ml of (Simethicone) Mylicon® drops with 8 oz of water. This will reduce bubbles in the GI tract
- You should continue your normal medications unless instructed otherwise.
- Stay well hydrated and continue to drink clear liquids all evening until 10pm.

ON THE DAY OF YOUR PROCEDURE:

- **DO NOT EAT OR DRINK ANYTHING BY MOUTH.**
- Unless directed otherwise, you may take your regularly scheduled prescription medications (no vitamins, minerals, and herbal supplements) with small sips of water.
- Two hours prior to your appointment time, mix **1** capful (17gm) Miralax in 8oz. of a clear liquid. Drink until gone.
- Arrive at the office at your scheduled appointment time to ingest capsule.
- Please bring a list of your current medications to your procedure.