

Patient Prep Instructions for Capsule Endoscopy with CapsoCam Plus®

Morning Ingestion Appointment

*NOTE: If taking an oral iron supplement, please stop 4 full days prior to the test.

Your Capsule Endoscopy procedure is scheduled at:

Address: 168 Kinsley Street 1st Floor Suite 10 , Nashua NH 03060

Day _____ Date _____

Time _____

Day Before Procedure

Day: Eat normally for breakfast followed by a light lunch. Then begin clear liquid diet for the remainder of the day/night before the procedure. (Nothing colored red to drink).

Day: Mix seven (7) capfuls (119 grams) of Polyethylene glycol (MiraLAX®,
Time: 7:00 pm ClearLax, PureLax, GaviLax, LavaClear brands) with 32 oz. of water or Gatorade® or Sugar-free Gatorade (non-red) and drink all contents.

Day: At 9:30 pm, take 0.6 ml of Mylicon® drops with 8 oz of water.

Time: 9:30 pm This will reduce bubbles in the GI tract.

Nothing to drink after 10pm. Small sips of water with medications allowed.

Day of Procedure

Day: Hold medications until 2 hours after ingestion of capsule unless your doctor
Time: Morning deems it necessary, then take small sips of water with medications.

Day: Two (2) hours prior to scheduled capsule ingestion time, mix 1 capful (17
Time: grams) of Polyethylene glycol (MiraLax, ClearLax etc.) with full glass of water or Gatorade (non-red). The Polyethylene glycol bottle top is a measuring cap marked to contain 17 grams of powder when filled to the indicated line.

Day: Arrive at Office/Clinic.

Time:

Time: **Ingest CapsoCam Plus capsule** with 0.6 ml of Mylicon drops in 8 oz of water.

Time: Resume clear liquids 2 hours after swallowing the capsule.

Time: Four (4) hours after capsule ingestion, mix 17 grams of Polyethylene glycol (MiraLax, ClearLax etc.) with full glass of water or Gatorade (non-red), drink all of the contents.

Time: Enjoy a light lunch when you are ready. Please document what you have for lunch.

Eat normally for dinner. No further diet restrictions are necessary.