

CAPSULE ENDOSCOPY INSTRUCTIONS

APPOINTMENT TIME: *Your provider will give you a specific appointment time.*

PLEASE ARRIVE PROMPTLY AT YOUR SPECIFIED APPOINTMENT TIME at Fox Valley Surgical Specialists. Late arrival may result in the test needing to be rescheduled.

Procedure Location: 2000 E. Milestone Drive, Appleton

If you need to cancel your procedure, please contact our office.

PURCHASE AT THE PHARMACY:

1. Miralax (Polyethylene Glycol 3350), 238 g bottle can be purchased over the counter.
2. One 60-64 oz Sugar free electrolyte drink. Example: Powerade, Body Armor, Propel, Gatorade Zero, or G2 Gatorade (**not regular Gatorade**). Any flavor of your choice, but **not red**.

DAY BEFORE THE PROCEDURE:

Clear Liquid Diet:

Start a clear liquid 24 hours prior to the procedure. **Please do not drink anything red.**

Clear liquid diet suggestions:

- Black Tea/Coffee (no cream or milk substitute)
- Popsicles (no red)
- Jell-O (no red)
- Clear Soda Drinks (Ginger Ale, 7-Up)
- Apple Juice
- Orange Drink without pulp
- Lemon Drink without pulp
- Beef Broth
- Chicken Broth
- White Grape Juice

Diabetic Medication:

If you are a diabetic, please discuss the dosing of your diabetic medications with the physician that monitors your diabetes. Most diabetic patients are comfortable with taking 1/2 of their diabetic medications the day before their procedure and none the morning of their procedure.

Iron Supplements:

Hold all iron supplements for 4 days prior to your capsule endoscopy procedure.

MiraLAX Prep:

1. Between noon and 5:00 pm the night before your procedure starting drinking the Miralax mixture.
2. The solution is made by mixing 60-64 oz of the sugar free electrolyte drink with the entire bottle of Miralax. Either stir this in a large container or shake until dissolved.
3. Drink one eight-ounce glassful of the solution every 15 minutes until the solution is gone.

It is not uncommon to feel nauseated while drinking the prep; you may drink at a slower pace if needed. Drinking the prep cold may help with the taste.

STARTING AT 8:00 PM:

Nothing to eat or drink except pills with sips of water.

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CAPSULE ENDOSCOPY INSTRUCTIONS (continued)

MORNING OF THE PROCEDURE:

- Take your morning medication(s) before 6am with only a sip of water. It is important that you take critical medications several hours before your capsule endoscopy since you will be unable to take these medications for at least 2 hours after you ingest the capsule.
- **Nothing to eat or drink after 6 am.**
- ***It is not necessary for you to have someone available to drive you home from this procedure.***

DURING THE PROCEDURE:

- **There is nothing to eat or drink for 2 hours after swallowing the capsule.**
- You may have water starting: **2 hours after ingestion**
- You may take oral medications starting: **3 hours after ingestion**
- You may have a **light** lunch starting: **4 hours after ingestion**
 - **A cup of soup and 1/2 a sandwich, or a small salad and beverage of your choice. Again, avoid red foods and drinks. See the suggested food handout in your capsule folder.**

PROCEDURE COMPLETION & CAPSULE RETRIEVAL:

- You may resume normal eating and drinking 8 hours after ingesting the capsule.
- Ensure that you are using the white stool “hat” with each bowel movement after ingesting the capsule. It is extremely important to retrieve the capsule and mail it back in for review.
- If it has been over 72 hours and you have not been able to retrieve the capsule in your stool – please call our office at 920-731-8131 and ask for the capsule endoscopy team.
- If the capsule has passed and was not retrieved the procedure will need to be redone.
- Once the capsule is retrieved, rinse it under warm water to clean. Place the capsule back in the “capsule container,” and place the “capsule container” into the clear Ziploc bag and seal. The capsule will then be sealed into the prepaid FedEx envelope and dropped off at any FedEx location (see FedEx location handout in folder).

See Video Below for Capsule Retrieval:

<https://vimeo.com/873350154> OR <https://capsovision.com/capsocam-plus/capsule-collection/>

- Results of the exam will be sent to the referring physician. Please contact their office if you do not receive results in 2 weeks.

GENERAL INFORMATION:

- Avoid strong electromagnetic fields, including MRI devices and ham radios, while doing the capsule endoscopy. Capsule must be excreted prior to any MRI imaging.
- Do not board an aircraft while doing the capsule endoscopy. Capsule must be excreted prior to airplane travel.