

CAPSULE ENDOSCOPY INSTRUCTIONS

Appointment time: 8:15 am.

Please arrive promptly at **8:15 am** 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**.

One Day Before Your Capsule Endoscopy Appointment:

Start a clear liquid diet at lunchtime. **Please do not drink anything red, blue or purple.**

Clear liquid diet suggestions:

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

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.

MiraLAX Prep:

Between 12:00 pm and 5:00 pm the night before your procedure, mix the 238 g bottle of MiraLAX with the 64 oz bottle of G2 Gatorade (no red, blue, purple). Drink an 8 oz glass of MiraLAX mixture every 15 minutes until gone. If you start to feel nauseated, you may drink at a slower pace.

Starting at 8:00 pm:

Nothing to eat or drink except evening medications with sips of water.

The Morning of Your Procedure:

Take your morning medication(s) before 6:00 am 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 several hours after your capsule endoscopy. If possible, wait to take these medications until 4 hours after you swallow the capsule. Nothing to eat or drink after 6:00 am.

Wear comfortable clothing and avoid using any lotions, powders or oils on your abdomen. It is not necessary for you to have someone available to drive you home from this procedure.

After Ingesting the Capsule:

Nothing to eat or drink 2 hours after swallowing the capsule; then proceed as follows:

You may have water starting: 2 hours after ingestion

You may have a **light** lunch starting: 4 hours after ingestion

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CAPSULE ENDOSCOPY INSTRUCTIONS (continued)

A cup of soup and 1/2 of a sandwich or a small salad and beverage of your choice is recommended. Again, avoid red, blue or purple foods.

You may take oral medications starting: 3 hours after ingestion

- Avoid strong electromagnetic fields while wearing the Data Recorder. This includes MRI devices and ham radios.
- Do not disconnect the equipment or completely remove the belt at any time.
- Avoid direct exposure to bright light.
- You will need to return to the Fox Valley Surgical Specialists office in the afternoon to have the equipment removed.

After Completing the Capsule Endoscopy:

You may resume normal eating and activities after you leave the office.

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