

CAPSULE ENDOSCOPY INSTRUCTIONS

Patient Name: _____

DOB: _____

Exam date & time: _____

DAY BEFORE THE EXAM

The day before the exam you may eat a regular breakfast. The rest of the day you may **only** have full liquids (yogurt, milkshakes) and clear liquids.

Purchase a 64 oz bottle of Gatorade(not red or purple) and 238 gram bottle of Miralax (“14-day” bottle). Mix the entire bottle of Miralax into the Gatorade and refrigerate. Between the hours of 7:30-9:30 PM drink 8 oz glasses of the Miralax solution until it is finished.

Please take any medications you are on before 9:30 PM. You need to stop drinking and eating after _____.

DAY OF THE EXAM

Wear comfortable clothing. Your upper garment must be cotton, loose fitting and must not have buttons or zippers.

Please take simethicone ex: Mylanta Gas (2 tablets) or Gas-X (1 soft gel) approximately 15 minutes before the exam. You may swallow this with a very small amount of water if necessary.

You are not allowed to have anything to eat or drink for 2 hours after swallowing the capsule. Two hours after swallowing the PillCam you can start drinking colorless clear liquids. Four hours after ingestion you can have a light snack and take your daily medications. After the examination is completed, you may return to your normal diet. Contact your doctor’s office immediately if you suffer from any abdominal pain, nausea or vomiting during the procedure.

You do not need a driver for this exam. Please arrive at _____ for the test. You can go to work while wearing the belt as long as there are no two-way radios or strenuous activity involved with your work. You can lie down and rest while wearing the belt, just don’t lay on the battery pack or the memory pack. Arrive back at Northern Westchester Endoscopy at _____ to have the belt removed.

You will receive the results of the test from your physician in approximately 10 days.