CAPSULE ENDOSCOPY PREPARATION INSTRUCTIONS

Follow the instructions on this paper.

WIRELESS CAPSULE ENDOSCOPY has been recommended for you. This examination involves swallowing a capsule or "pill-camera" that will take approximately 50,000 pictures of your intestinal tract. Most patients pass the capsule into the stool within 1-2 days after swallowing it. This is the best test to completely examine the entire small intestine and determine if any condition or disease may be present. The procedure will last approximately **8-9 hours**.

STEP 1 — BEFORE YOUR PROCEDURE

DO

- Purchase a **Miralax 119 gm bottle** and **Gas-X (simethicone) 80 mg**.
- Your exam is scheduled on _____ at _____ AM

DON'T

- Take oral diabetic medications, including Diabeta and Glucophage, while on clear liquids.

STEP 2 — 1 DAY BEFORE SWALLOWING THE CAPSULE

DO

- Start a **clear liquid diet at 12:00 PM**.
- Mix Miralax 119 gm with a one-liter bottle of clear liquid (Gatorade, lemonade, or other).
- **At 5:00 pm:** begin drinking 8 oz every 20 minutes until it is finished.
- **Insulin:** take ½ your usual dose on the day(s) of clear liquids.

DON'T

- Eat solid food after 12:00 PM.
- Take oral diabetic medications (Diabeta, Glucophage) while on clear liquids.

STEP 3 — DAY OF PROCEDURE

DO

- Wear a lightweight **cotton** shirt. The sensor belt should be tight at your waist.
- Take **Simethicone (Gas-X, Phazyme) 80 mg 1 hour BEFORE** swallowing the capsule.
- You may take necessary medications with a sip of water up to **2 hours BEFORE** swallowing the capsule and **2 hours AFTER**.
- **Insulin:** take ½ your usual dose on your exam day.

DON'T

- Take oral diabetic medications (Diabeta, Glucophage) while on clear liquids.
- Take medications within 2 hours before or 2 hours after swallowing the capsule.

STEP 4 — AFTER SWALLOWING THE CAPSULE

DO

- **4 hours AFTER:** you may resume a clear liquid diet.
- **8 hours AFTER:** return to our office at the scheduled time to turn in the recorder. You may then resume a regular diet.
- Treat the Data Recorder carefully.

DON'T

- Disconnect the equipment or completely remove the Data Recorder at any time during the procedure.
- Make sudden movements or bang the Data Recorder.
- Go near strong electromagnetic fields, such as MRI devices or ham radios, until you pass the capsule in a bowel movement.

Contact our office immediately if you have abdominal pain, nausea or vomiting.

- If you are not sure the capsule has passed out of your body and you develop unexplained nausea, abdominal pain or vomiting, contact us for evaluation.
- Undergoing an MRI while the PillCam capsule is inside your body may result in damage to your intestinal tract or abdominal cavity. If you are not certain the capsule is out of your body, contact your physician for evaluation and possible abdominal X-ray before undergoing an MRI examination.

Your physician may modify the above recommendations, if needed.

If you have any preparation issues or questions, contact The Gastroenterology Group (330) 869-0954 or tggakron.com

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