Capsule Endoscopy Prep

This is your Capsule Endoscopy Prep

- The morning before your procedure, eat a small breakfast. Avoid fruit, vegetables, whole grain bread or cereals. You may have meat, fish, poultry, eggs, dairy, and other low fiber food, such as white rice and pasta.
- Begin a clear liquid diet after 11 am. You may have water, juice with no pulp, apple, white grape, cranberry, broth or consume, coffee, tea, NO DAIRY OR OTHER CREAMER, Jello, popsicles, soda or any other clear soft drinks with NO RED, PURPLE OR BLUE DYE are acceptable. Carmel colored soda is OK, as is honey and Sugar. It is important to drink fluid throughout the day. Try to drink a glass every hour.
- At 3 pm, mix all the contents of one 238 gram bottle of Miralax® with 1 quart, or about 4 cups, of water, Gatorade®, Crystal Light®, or other similar liquid. Stir or shake until dissolved. Drink an 8 oz glass every 10-15 minutes until gone. Drink other clear liquids between these doses.
- At 7 pm, mix the contents of the second bottle of Miralax® with 1 quart (32 ounces, about 4 cups) of water, Gatorade®, Crystal Light® or other similar liquid. Stir or shake until dissolved. Drink an 8 oz glass every 10-15 minutes until gone. Drink other clear liquids between these doses.
- Do not drink any liquid after 9 pm. Take evening medications before that time.
- The day of the procedure, arrive at our Endoscopy Suite 45 minutes prior to your appointment.
- Make sure to bring a list of current medications and the name of your referring physician.
- Please dress in loose fitting, comfortable clothing for the procedure and leave your jewelry and valuables at home. We are not responsible for lost articles.
- Sensors will be applied to your abdomen with adhesive pads and will be connected to the Data Recorder which you will wear in a belt around your waist. After that you will be instructed to ingest the Pillcam Capsule and drink 1-2 glasses of water.
- You will return to the Lab at the time given, about 8 hours later. You will also be told when you may drink and have a snack.
- If you are a diabetic please contact your primary care physician for further instructions.

For further questions or to leave a message for a nurse, please call (520) 694-0959.