



## CAPSULE ENDOSCOPY PREP

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### **Prep for Capsule Endoscopy:**

If you take iron pills, stop them 5 days prior to your appointment.

### **2-3 days prior to your procedure:**

1. Obtain Miralax from your pharmacy. It comes in a 119gm ("7-dose") bottle. No prescription needed.
2. Obtain a total of 32oz. of Gatorade.
  - Avoid red colors. This can make it harder for your doctor to perform an accurate exam.
  - If you are diabetic, you can try "G2" (low calorie Gatorade) or "PowerAde Option/Zero" as another choice.

### **The day before your procedure:**

1. Start a clear liquid diet **after** your lunch (soup, broth, clear juices - white grape or apple, lemon or lime Jell-O, Gatorade or PowerAde, 7-Up, Gingerale - Do not eat solid foods).
2. At about 7:00pm mix your Gatorade and the entire container of Miralax (shake it up well so it is fully dissolved). Drink all but 8oz. (about 1 glassful) of the mixture within 2-3 hours.

### **The day of your procedure:**

1. Drink the last 8oz. (last glassful) of the mixture at about 6:00am.
  - Do not worry if you have not had diarrhea, lots of bowel movements
2. Be at our office at 8:00am - nothing by mouth until after the test has started (we will instruct you).
3. Questions? Call us at 734-434-6262 and ask for the Clinical Department.