



Capsule Endoscopy Miralax Prep Instructions

One (1) week prior:

- Stop taking iron supplements 1 week before your procedure date.
- Purchase Miralax from any pharmacy: 7 Once-Daily Doses (119g). *No prescription needed.*
- Purchase a 28 oz. bottle of non-red / purple Gatorade or Powerade.
- If you are diabetic, you may use a low-calorie Gatorade ("G2") or Powerade Zero.
- Call the number on the back of your insurance card. Ask if there is any authorization or out-of-pocket expense. Provide them with CPT code 91110.

One (1) day prior:

- Abstain from smoking 12 hours before your procedure.
- You can have a normal breakfast.
- You can have a normal meal around 12pm (noon).
- Between 12pm (noon) and midnight: start on a clear liquids only diet.
 - Examples: soup, broth, clear juices (white grape, apple), lemon/ lime Jello, Gatorade, Powerade, 7-Up, Gingerale, etc.
 - Avoid opaque liquids. Examples: coffee, milk, orange juice, smoothies, etc.
- At around 7pm: mix the 28 oz. Gatorade plus 4 oz. of water with the whole 119g bottle of Miralax in a container/bottle. Shake the mixture so the Miralax is fully dissolved.
- Drink 2 cups (16 oz.) of the mixture within 2-3 hours. Refrigerate the other 16 oz.
- Nothing to eat or drink after midnight.

Day of procedure:

- 2 hours prior to your scheduled procedure time: drink 1 cup (8 oz.) of the Miralax mixture. Save the last 8 oz. for 4 hours after swallowing the Capsule.
- It is normal if you have not had diarrhea or lots of bowel movements yet.
- Hold any non-essential medications; we will advise which ones.
- Nothing to eat until 4 hours after your procedure. You will be instructed to drink 4-8 oz. of water every 30 minutes for the first 4 hours after swallowing the Capsule.
- Be at our office 15 minutes before your scheduled appointment time.
- Bring your ID and insurance card.

Please call our Clinic Diagnostics Department at (734) 371-7126 if you have any questions.