

# Patient Prep Instructions For Capsule Endoscopy with Capsocam Plus

**Strict compliance with these instructions is necessary to avoid misdiagnosing and to ensure a safe and complete exam.**

**\*Note: Must stop oral iron supplements, Pepto Bismol and Carafate 7 days prior to procedure**

**You must be on a clear liquid diet after breakfast the day before your procedure.**

What is Capsule Endoscopy? It's a procedure that allows the use of tiny cameras inside of the capsule that is swallowed to view your small intestine as it passes through. This area is difficult to reach and/or see using the traditional more invasive endoscopic procedures.

**\*\*\* You MUST purchase 1 bottle of Miralax that includes at least 9 doses\*\*\***

## **The Day Before Your Procedure:**

1. Eat normally for breakfast. Then at 11:00 AM begin a clear liquid diet for the remainder of the day/night.  
❖ **NOTHING RED ORANGE OR PURPLE**
2. At 5:30 PM Mix seven (7) capfuls (119 grams) of Polyethylene glycol (MiraLAX, ClearLax, PureLax, GaviLax) with 32 oz. of water or non-red, orange, or purple electrolyte replacement drink and DRINK ALL THE CONTENTS  
❖ **NOTHING TO DRINK AFTER 10 PM**

## **Morning of Procedure:**

1. **Hold medications until 2 hours** after swallowing capsule unless your doctor deems it necessary then take small sips of water with medications.
2. Two (2) hours prior to scheduled swallowing capsule, mix 1 capful (17 grams) of polyethylene glycol (MiraLAX, ClearLax, PureLax, GaviLax) with a full glass of water or non-red, orange, or purple electrolyte replacement drink and DRINK ALL THE CONTENTS
3. Arrive at the office at your scheduled arrival time for your capsule endoscopy.
4. You will have a pre-procedure interview to ensure that you have followed instructions to ensure the safety of swallowing capsule.
5. You will sign an informed consent form.
6. You will then swallow Capsocam Plus capsule with 0.6 mL of Simethicone drops in 8 oz of water

## **After Swallowing Capsule:**

1. Resume clear liquids 2 hours after swallowing capsule
2. Four (4) hours after swallowing capsule mix 1 capful (17 grams) of polyethylene glycol (MiraLAX, ClearLax, PureLax, GaviLax) with a full glass of water or non-red, orange, or purple electrolyte replacement drink and DRINK ALL THE CONTENTS.
3. You can now enjoy a light meal.
  - a. **Light meal:** (avoid greasy and fried food), sandwich, salad, plain egg omelet, apple juice, water, black coffee, tea, water, Jello, **NO SOUP, NO TOMATOES, NO WATERMELON, NO KETCHUP**
    - i. **NOTHING RED, ORANGE OR PURPLE**

If you have any questions or concerns regarding this prep, please call Christina at (309) 451-1123 Ext 2930 for further guidance.