



# ACADIANA GASTROENTEROLOGY

— A S S O C I A T E S —

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## Capsule Endoscopy with Miralax Bowel Prep

Patient Name: \_\_\_\_\_ Procedure Date: \_\_\_\_\_

Arrival Time: \_\_\_\_\_ Place for Procedure: \_\_\_\_\_

**Capsule Endoscopy** is contraindicated in patients with bowel obstruction and pregnancy. Patients with a pacemaker or defibrillator should have this procedure performed at a hospital with monitoring. Your physician will advise you if this is recommended.

Purchase: \*ONE 4.1 bottle of Miralax (OTC)

\*32oz Gatorade (yellow, orange or clear).

\*Gas-X Capsules (green) – Swallow 3 tablets after drinking the mixture.



### THE DAY BEFORE your procedure:

1. Begin a clear liquid diet beginning with breakfast, lasting all day until midnight. (See chart below)
2. At 7:00pm, mix the bottle of MiraLAX with the bottle of Gatorade. Drink 8oz of the mixture every 15 minutes until you have consumed all of it.

**DO NOT EAT OR DRINK AFTER MIDNIGHT, UNLESS INSTRUCTED OTHERWISE**

### Other Instructions:

1. **DO NOT** take diabetic medications on the morning of the exam because you will be fasting. However, bring your medication with you, as you will be allowed to eat as instructed by the staff at a time determined by the nurse.
2. Avoid iron and Metamucil-like medications **seven (7) days** before test.
3. Take your blood pressure medication(s) the morning of the test.
4. You will be wearing a belt for 8 (eight) hours and must return to the Gastro Lab to have the belt removed.
5. Wear comfortable 2-piece clothing
6. Do NOT wear lipstick or chap stick, etc., to the appointment.
7. DO NOT have an MRI during the capsule procedure (see post procedure form for details).
8. Refrigerate the MiraLAX/Gatorade before drinking to help with taste.

### Clear Liquid Diet

- Water, Coffee, or tea (**NO milk or creamer added**)
- Carbonated beverages (soft drinks), NO “Energy” beverages
- Gelatin (Jell-O), plain or fruit flavored – **No red, blue or purple coloring**
- Apple juice or white grape juice
- Gatorade, PowerAde, limeade, or lemonade
- Clear, fat-free, beef or chicken broth, or bouillon
- Snowballs, popsicles, slushes – **no red, blue or purple coloring; no pulp**
- Clear hard candies, sugar, salt
- Avoid any liquids not listed above; NO Alcoholic beverages.