

## PREPARATION INSTRUCTIONS FOR CAPSULE ENDOSCOPY

1. Clear liquid diet after lunch the day before your Capsule Endoscopy (ie. Any liquid you can see through such as Ginger Ale, Apple Juice, White Grape Juice, Broth, Popsicles, avoid anything RED, GREEN OR BLUE during this time). At 6:00pm drink 117gram bottle of miralax and 32oz of gatorade, sent to your pharmacy.
2. Nothing to eat or drink after 10pm the night before except any medications with just enough water to wash them down.
3. Do not take any medications for 2 hours prior to appointment time (ie. If appointment time is 8am, do not take any medications after 6am).
4. Wear loose 2-piece clothing.
5. You will be wearing a monitor (data recorder) for 8 hours after taking the Capsule. You will have a belt on that will contain the monitor that will transmit information to it for 8 hours.
6. Nothing by mouth for 3 hours after ingesting the Capsule. You may take clear liquids and medications 3 hours after ingestion of Capsule (ie. Water, Apple Juice, Chicken broth).
7. 5 hours after ingesting the Capsule, you may eat lightly. You may have a light lunch or breakfast at that time (ie. Sandwich, Soup, Eggs, Toast, etc).
8. Be sure NOT to schedule procedures such as MRI'S while you have the monitor attached. You should also wait to schedule any such procedures until the capsule has passed through your system.
9. After you drop off the monitor, try to watch for passage of Capsule in your bowel movements. There is no need to retrieve the Capsule. Passage of the Capsule should be completed anywhere from 2 to 10 days after ingesting.

Any questions regarding this procedure, please feel free to contact us at:

Rochester Endoscopy and Surgery Center  
1349 S. Rochester Road, Suite 150  
Rochester Hills, MI 48307  
(248)844-3800

We are located South of Avon on Rochester Road between Fifth 3<sup>rd</sup> Bank and the Chrysler Dealership. Park in the back and come in the back entrance, Suite 150 is at the end of the hall.

DATE: \_\_\_\_\_

TIME: \_\_\_\_\_