

Capsule Endoscopy Preparation Guide



Shopping Guide

Pharmacy Shopping List:

- One 238-gram (8.3 ounce) bottle of MiraLAX or generic polyethylene glycol powder
- 125 mg simethicone capsules or tablets (also called Gas-X, need three tablets)
- 32 ounces of a clear liquid of your choice. (Any color EXCEPT for RED, BLUE or PURPLE.)

Grocery List -Clear liquids:

- Sports drinks (not red, blue or purple)
- Apple or white grape juice
- Clear broth or bouillon
- Water
- Coffee/tea without milk
- Plain Jell-O & Italian ice (not red, blue or purple and no fruit or toppings)



7 Days Before Procedure

- Stop **ALL** vitamins and supplements including Fish Oil, Iron and NSAIDs
- Stop any fiber supplements such as Metamucil, Benefiber, or Citrucel - check with managing clinician for alternative
- If you are a diabetic, call your managing or prescribing doctor to determine how your medication should be taken on the day of your procedure



2 Days Before Procedure

- Begin a low residue and low fiber diet. These foods process quickly through the colon, providing an easier and more comfortable preparation.
- **STOP** eating
 - Bread or crackers with fiber, wheat, seeds
 - Raw vegetables and fruit with skin, beans
 - Red meats
 - All nuts, seeds and popcorn, raisins
 - Gum, mints and hard candy
 - Alcohol
 - Anything with red, blue, or purple coloring



1 Day Before Procedure

- You can eat solid food for breakfast and lunch. **STOP** all solid food at **noon** day prior to procedure.
- Only drink clear liquids the after 11:59 AM.
- Drink 8 ounces of clear liquids every hour after waking up
- Mix 1 MiraLax bottle (238 grams) in the 32 ounce bottles of clear liquid. Place in refrigerator to keep cold. **DO NOT ADD ICE.**
- **4:00 PM**
 - Get the 32 ounce bottle of mixed solution from refrigerator and drink 8 ounce glasses every 15 minutes for a total of 4 glasses
 - Take **three** 125 mg simethicone capsule or tablets
- Do not have any solid foods or clear liquids after midnight



Day Of Procedure

- If you are on **blood pressure, asthma, and seizure medication** you must take your medication with a small sip of water the morning of your appointment. Please take medications 2 hours prior to arrival
- Do not apply body lotion or powder to your abdomen.
- Wear loose fitting, two-piece clothing
- Arrive to Monadnock Gastroenterology Associates Medical Arts Building Suite 107 at your scheduled arrival time.
- Once exam is complete, please arrive back to Monadnock Gastroenterology Associates to have belt and recorder removed.
- The equipment must remain on until you arrive at the office to have the equipment removed.
- In order to receive results in a timely manner, please return equipment that day at your scheduled return time.