

Capsule Endoscopy Instructions

The following is the preparation guide for your upcoming procedures. The purpose of prep is to clean your bowels. It is critical you finish **ALL** the prep instructions as directed to clean your bowels adequately. Even if you are passing clear liquid, you must complete the prep.

Essential information to note:

- **Ensure Monadnock Gastroenterology Associates has up to date insurance information prior to arriving for your appointment.**
- **Recommended questions to ask your insurance:**
 - Ask about coverage for small bowel capsule endoscopy.
 - Ask about procedure site of care coverage.
 - Ask about “out-of-pocket” expenses, including co-pays, co-insurance, or any deductible.
- **If you are diabetic or take GLP-1 medications (Ozempic, Trulicity, Mounjaro or equivalent) –** be sure to contact your managing or prescribing provider for medication instructions. You should watch your blood sugar closely during bowel prep.

Shopping List:

- **One** 238-gram (8.3 ounce) bottles of MiraLax or generic polyethylene glycol powder
- 125mg Simethicone (Gas-X) capsules or tablets (quantity needed – **3 tablets**)
- **One** 32-ounce bottles of Gatorade, Pedialyte or any clear liquid of your choice (Any color EXCEPT for RED, BLUE, or PURPLE)

ONE WEEK BEFORE YOUR PROCEDURE

- Stop all Vitamins and Supplements, including Fish Oil and Iron.
- Stop any fiber supplements such as Metamucil, Benefiber or Citrucel.

THREE DAYS BEFORE YOUR PROCEDURE

- Begin a Low Residue, Low Fiber diet. These foods process quickly through the colon, providing an easier and more comfortable preparation.

FOODS TO AVOID	FOODS YOU CAN EAT
Nuts and seeds, Beans, Raw fruits and vegetables with peels & seeds, Popcorn, Raisins, Other dried fruit, High fiber cereals, Oatmeal, Alcohol	Eggs, White bread, Plain Bagels, Chicken, Turkey, Ham, Fish, Crackers, Plain or Vanilla yogurt, Pasta, Waffles or Pancakes, Lunch Meat, Applesauce, Bananas, Cantaloupe, Avocado, Creamy Peanut Butter or Almond Butter, Mashed Potatoes, Low Fiber Cereal, Ice Cream, Sherbet, Sorbet, Canned or Cooked Fruit without seeds or peels

BOWEL PREP INSTRUCTIONS

ONE DAY BEFORE YOUR PROCEDURE

You can eat solid food for breakfast and lunch. **STOP ALL SOLID FOOD AT NOON** and drink **CLEAR LIQUIDS ONLY** after 11:59 AM.

Examples of CLEAR LIQUIDS: Water, Gatorade, Propel, Vitamin Water, Pedialyte, Crystal Light, apple juice, white grape juice, pear juice, flavored water, soda, tea or black coffee without any milk or cream, broth (chicken, beef, or vegetable), popsicles, Jell-O, Italian ice. **NO RED, BLUE OR PURPLE**

You should stay very hydrated all day, drinking at least one 8-ounce glass of water each hour.

- **At 5:00 pm:** Mix the MiraLAX (238-gram bottle) in 32 ounces of the clear liquid of your choosing. Begin drinking this mixture, one 8-ounce glass every 15 minutes. It will take you 1 hour to finish the mixture. If you feel crampy or nauseous, take a break for 30 minutes.
- **At 7:00 pm:** Once you finish the MiraLAX mixture, take three tablets of Simethicone (125mg).

THE DAY OF YOUR APPOINTMENT

*If you are on **blood pressure, asthma, and/or seizure medication** you must take your medication the morning of your appointment with a small sip of water.*

- **STOP ALL CLEAR LIQUIDS 4 HOURS PRIOR TO YOUR APPOINTMENT**
- 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. To receive results in a timely manner, **please return equipment that day at your scheduled time.***

Thank you for entrusting us with your care. We look forward to seeing you for your appointment. If you need to reschedule or have any further questions, please contact our office at 603-924-2600.

Regular business hours: Monday-Friday, 8:00 a.m. - 4:00 p.m.