

Capsule Endoscopy Instructions

Seven Days Prior to Your Capsule Endoscopy

- ✓ Stop taking iron supplements.
- ✓ **If you are a DIABETIC**, check with your Primary Care Doctor about what to do with your diabetic medication the day before and the day of the procedure.
- ✓ Buy one (1) 4.1 oz bottle of Miralax (119 grams).
- ✓ Buy 32 oz. of clear liquid (NOT red): Gatorade, G2, Gatorade Ice, Powerade, or Powerade Zero.

The Day Before Your Capsule Endoscopy

- ✓ **Stop eating solid food.** Begin a clear liquid diet (see below). Drink at least 8 glasses of water during the day to avoid dehydration.
- ✓ Around 7pm, start drinking your bowel prep:
 - Mix 32 oz of clear liquid with 4.1 oz. Miralax and drink one 8oz glass every 15 minutes until the mixture is gone.
- ✓ You may drink as many glasses of clear liquids as you like during the afternoon and evening on the day before the procedure.
- ✓ Remain close to a bathroom because drinking this prep will give you diarrhea, usually within an hour of starting.

The Day Of Your Capsule Endoscopy

- ✓ Do not eat or drink anything after 5:30am the morning of the procedure.
- ✓ Take any necessary medications with water at 5:30 am the morning of the procedure.
- ✓ If you have diabetes, follow the instructions provided by your primary care doctor.
- ✓ After you arrive at the office, you will receive further information about eating during the procedure.
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Clear Liquid Diet

This diet consists of food products that are clear (things you can see through).

Food Category	ALLOWED
Beverages	Water, Tea or Coffee(without milk), Apple Juice, Grape Juice, Soda, Ginger Ale, Gatorade, or other Clear Drinks
Desserts	Plain Jell-O (no red color), Water Ices (Italian Ices), Popsicles
Soups	Fat Free Broth, Fat Free Bouillon, Fat Free Consommé
Sweets	Hard Candy, Honey, Sugar

The above diet should be **followed strictly** in order to help ensure a thorough exam. No other foods are allowed with this diet, some examples of foods NOT allowed are listed below.

NOT ALLOWED
Milk, Cheese, Breads, Ice Creams, Sherbet, Eggs, Fruits, Vegetables, Meat, Poultry, Fish

Sample Meal Pattern

Breakfast: 1 glass of apple juice, 1 cup of Jell-O, 1cup of tea with sugar
10am Snack: 1 glass of ginger ale, 1 cup of Jell-O
Lunch: 1 cup of chicken broth, 1 glass of carbonated beverage
3pm Snack: 1 cup of tea with sugar, 1 cup of Jell-O
Dinner: 1 cup of vegetable consommé, 1 glass of fruit Juice
8pm Snack: 1 cup of Italian ice, 1 cup of Jell-o

 Remember, always keep yourself well hydrated