

Prep Instructions for Capsule Endoscopy

Please review this entire document. These instructions are your physician's specific instructions. Follow all steps carefully to ensure a successful prep and procedure. *If you are or may be pregnant, please discuss the risks and benefits of this procedure with your provider.* **Questions?** Call 913-495-9600

3 Days

before your procedure

You will need to purchase:

- 32 Oz of Gatorade, Propel Water or water - **No liquids with red, blue or purple dye**
- 4 oz of Miralax (Polyethylene Glycol)

1 Day

before your procedure

- You may eat a **LIGHT breakfast and lunch**. See "Appropriate Foods for Light Meal" section in this document.
- **At 12 pm** you will need to chill 32 oz of Gatorade, Propel, or water. No red, blue or purple dyes.
- **At 5 pm** mix 4oz of Miralax with the chilled drink. Drink this Miralax solution until complete.
- You may continue with clear liquids until midnight. See list of approved liquids list included with this document.

The Day

of your procedure

- **DO NOT EAT OR DRINK ANYTHING 10 HOURS PRIOR TO PROCEDURE.** This includes medications, water, coffee, food, all tobacco products, vaping, gum, mints, recreational drugs, etc.
- **Arrive to the scheduled hospital location at least 15 minutes prior to your procedure time.** You will not be sedated, so you may drive yourself to the appointment.
- **After the insertion of the capsule** you will be able to leave the facility and return to home or work as you choose.
- **2 hours after insertion of capsule** you may have clear liquids. Follow the list of examples listed on back.
- **4 hours after insertion of capsule** you may have a light meal. Follow the list of examples listed on back.
- **You will need to return to the hospital 8 hours after the insertion to return the recorder machine and complete the procedure.**

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Approved Foods for Light Meal

Examples of appropriate food for a light meal include:

- toast
- yogurt without fruit
- mild cheese
- smooth peanut butter
- saltine crackers
- white rice
- turkey or chicken breast
- Allowed beverages for clear liquid diet listed below

CLEAR LIQUIDS

Clear liquids only from lunch until midnight the day before your capsule endoscopy.

Stop ALL liquids, medications, and anything else taken by mouth at least 10 hours prior to your procedure.

ALLOWED

- Water, including flavored water with no food dye
- Tea and black coffee - NO milk, cream, creamers, or lighteners
- Clear, light colored juices such as: apple, white grape, white cranberry
- Clear broth including: chicken, beef or vegetable
- Soda (Coke, Diet Coke, Pepsi, Diet Pepsi, Sprite, Mountain Dew, etc)
- Sports drinks: Gatorade, Powerade, or Propel **NO red, blue or purple**
- Popsicles without fruit or cream - **NO red, blue or purple**
- Jell-O or other gelatin without fruit - **NO red, blue or purple**
- Boost Breeze Tropical Juice Drink (Available on Amazon)
- Ensure **Pre-Surgery Clear** Carbohydrate drink (Available on Amazon)
- CF Nutrition **CF(Preop)** Carbohydrate Drink (Available on Amazon)
- Protein2o Whey Protein Isolate Infused Water (Available on Amazon)

NOT ALLOWED

- Anything with solid food
- Alcoholic beverages
- Milk or Cream
- Smoothies or Milkshakes
- Yogurt
- Applesauce
- Orange juice
- Grapefruit juice
- Soup (other than clear broth)
- Cooked cereal or oatmeal
- Juice, popsicles, or gelatins that contain red, blue, or purple dye