



Capsule Endoscopy BOWEL PREP INSTRUCTIONS

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GastroCare
Physicians of Georgia

IMPORTANT SEVEN DAYS BEFORE CAPSULE ENDOSCOPY: STOP TAKING SUPPLEMENTS, FISH OIL OR VITAMIN E, ALSO ANY WEIGHT LOSS MEDICATION CONTAINING GLP'S OR PHENTERMINE

THE DAY BEFORE THE PROCEDURE

Stop all Antacids, Carafate, and Smoking 24 hours before your procedure.

You can eat a light breakfast in the morning. **Beginning at 12:00 pm (noon) CLEAR LIQUID DIET ONLY**

Approved Clear Liquids

Clear sodas, black coffee, tea, clear juices, fitness waters, broth (chicken, vegetable, or beef), Gelatin, Kool Aid, and popsicles without pulp.

NOT ALLOWED

No milk/dairy
No juices with pulp
NO **RED** or **PURPLE** liquids
No Alcoholic beverages

At 5:00 PM, Mix together an ENTIRE BOTTLE 4.1oz (119g) or 7 capfuls of Miralax with 32oz. of chilled Gatorade. Drink 8oz glass every 15 minutes until you have finished drinking the entire mixture. (32oz).

Clear liquids only until midnight. Then, nothing to eat or drink after MIDNIGHT.

THE DAY OF THE PROCEDURE

- You may take medications with a sip of water.
- Wear comfortable, loose, two-piece clothing. You will be fitted with a belt containing the recording device that you will wear throughout the day.
- Arrive at the office at 8:15am
- After Capsule Ingestion you should remain NPO for 2 more hours.
- After 2 hours you can ingest clear liquids only.
- After 4 hours you can resume eating.
- **The Capsule Endoscopy will last 8 hours.** During the exam, try to avoid any strenuous physical activity. Do not bend or stoop during the procedure. In addition, you should not remove the belt at any time during this period.
- You will return to the office at 4pm for **the recorder to be removed.**

The capsule ingested will be excreted naturally in your bowel movement. If you don't verify the excretion of the pill from your body, and you experience any unexplained nausea or vomiting, contact us immediately. We may order an x-ray examination. Do not undergo an MRI if you haven't positively verified the pill camera exited your body.

Thank you for choosing GastroCare!



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