

**ERIC R. TOMPKINS, MD**  
**CAPSULE ENDOSCOPY**  
**MIRALAX-GATORADE PREPARATION**

**PLEASE PURCHASE AT THE PHARMACY**

- 2 Dulcolax **laxative tablets.**
- One 238 or 255 gram bottle of Miralax.
- One 64oz or two 32oz of Gatorade, Lime or Lemon flavored only.
- One 10 oz bottle of Magnesium Citrate (Clear)

**ONE DAY BEFORE PROCEDURE:**

- You MUST be on a clear liquid diet all day. A clear liquid diet consists of:
  - \*Water
  - \*Strained fruit juices
  - \*Jell-O and popsicles
  - \*Coffee and Tea
  - \*Carbonated Beverages
  - \*Hard Candy
  - \*Chicken or Beef broth.

***NO SOLID FOODS, NO MILK, CREAM OR DAIRY. NO RED, PURPLE, OR ORANGE FOOD COLORING.***

1. At 10:00am take the 2 Dulcolax tablets.
2. At 5:00pm mix all 238 or 255 grams of MiraLax into the Gatorade. Shake the solution until the MiraLax is dissolved. Drink an 8oz of glass every 10-15 minutes until the solution is gone.
3. You may continue on your clear liquid diet until midnight.

**THE DAY OF YOUR PROCEDURE:**

- \*Do not take any medication 2 hours before having the exam.
- \*Do not apply body lotion or powder to your abdomen.
- \*Wear loose fitting, two-piece clothing. Sweat pants, sweatshirt, etc.
  - Take your blood pressure or heart medication with small amount of water.
  - If you are diabetic, do a blood glucose test.
  - 4 HOURS PRIOR TO THE PROCEDURE: \_\_\_\_\_, drink the bottle of magnesium citrate.
  - **NOTHING ELSE BY MOUTH UNTIL AFTER YOUR PROCEDURE.**

If you have any questions or concerns, please call: 907-276-2811, Monday-Friday, 8:00am-4:00pm.

**AFTER CAPSULE INGESTION**

Contact your doctor's office immediately if you suffer from any abdominal pain, nausea, or vomiting during the procedure.

1. **You may drink colorless liquids starting 4 hours** after swallowing the PillCam SB Capsule.
2. **Check the blue flashing PillCam recorder light every 15 minutes** to be sure it is blinking twice per second. If it stops blinking or changes color, note the time and contact your doctor's office.
3. **Use the supplied Capsule Endoscopy Event Form, to note the time of any event** such

as eating, drinking or a change in your activity. Return the completed *Event Form* to your doctor' at the time you return the equipment.

4. **Avoid strong electromagnetic fields** such as MRI devices or ham radios after swallowing the capsule and until you pass it in a bowel movement.
5. **Do not disconnect the equipment or completely remove the PillCam** recorder at any time during the procedure.
6. Avoid sudden movements or banging of recorder.
7. **Avoid direct exposure to bright sunlight.**

#### **AFTER COMPLETION OF CAPSULE ENDOSCOPY**

1. **Return to your doctor's office at the scheduled time** for disconnection of equipment.
2. **You may return to your regular diet** at this time.
3. **PillCam SB passes naturally with a bowel movement**, usually in 24-72 hours. If you personally have not seen it pass within a week, please call our office to schedule an x-ray.
4. **Images will be reviewed by your Doctor**, and results should be available within 1 week.

-If you are not sure that the capsule has passed, and you develop unexplained nausea, abdominal pain or vomiting, contact your Doctor for evaluation.

-Undergoing a MRI while the PillCam capsule is inside your body may result in damage to your intestinal tract or abdominal cavity. If you are not certain the capsule has passed out of your body, contact your Physician for evaluation and possible abdominal x-ray before undoing going an MRI examination.

#### **Capsule Endoscopy Event Form**

**Patient:** \_\_\_\_\_ **DOB:** \_\_\_\_\_ **Chart Number:** \_\_\_\_\_

<b>Time</b>	<b>Event (eating, drinking, activity and unusual sensations)</b>
	PillCam capsule ingestion
<b>Time to return to IMA:</b>	
<b>Contact in-case of emergency:</b>	<b>Special Instructions:</b>