

Patient Instructions for Capsule Endoscopy

Please Purchase Over the Counter:

- 119g of Miralax Powder
- 32oz of Gatorade(Lemon or Lime)

The Day Before Procedure:

- Do not have any solid food. **Clear liquids ONLY!**
- No red, purple, or orange food coloring.
- At 5:00pm mix the entire bottle of Miralax & Gatorade together. Drink 1 cup every 15mins until the solution is gone.

-This will cause diarrhea, mild abdominal cramping, nausea, and fulness may occur.

- Nothing to eat or drink after midnight

The Day of the Test:

- Take heart or blood pressure medication that you normally do.
- You may return to clear liquid diet after 4hours of swallowing capsule

Please call 276-2811 if you have any questions!

Clear Liquid Guidelines

Coffee-NO CREAM

Hot or Iced Tea

7-UP, Sprite, Ginger Ale

Apple Juice

White Grape Juice

Chicken or Beef Broth-NO CREAM SOUP

Jello-Lemon or Lime

Gatorade-Lemon or Lime

Anything you can see through should be okay.