

**ERIC R. TOMPKINS, MD**  
**CAPSULE ENDOSCOPY**  
**MIRALAXGATORADE PREPARATION**

**PLEASE PURCHASE**

- One 238 or 255 gram bottle of MiraLAX.
- One 640z or two 320z of Gatorade, Lime or Lemon flavored only. -

**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 5:00pm mix all 238 or 255 grams of MiraLax into the Gatorade. Shake the solution until the MiraLax is dissolved. Drink an 8 oz of glass every 10-15 minutes until the solution is gone.
2. You may continue our 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. Sweatpants, sweatshirt, etc.
  - Take your blood pressure or heart medication with small amount of water.
  - If you are diabetic, do a blood glucose test.
- NOTHING 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. **Avoid strong electromagnetic fields** such as MRI devices or ham radios after swallowing the capsule and until you pass it in a bowel movement.

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

1. Make sure to review and follow CapsoRetrieve Instruction included in the Kit provided by our office
2. Resume your normal diet 8 hrs following capsule ingestion
3. 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 under going an MRI examination.