

Capsule Endoscopy Miralax Preparation Instructions

Check in:

- 7:45-8:00AM with our front office staff
- If you arrive later than 8:00 am, we will be unable to proceed with the Capsule Endoscopy.

About Capsule Endoscopy:

A Capsule Endoscopy is a procedure in which a small wireless camera inside a vitamin-sized capsule is swallowed and takes thousands of pictures of your gastrointestinal tract. The pictures are then transmitted and saved to a recorder on a belt that is around your waist.

Key Information:

- **DO NOT EAT** any solid food the **ENTIRE DAY** before your test. Drink only clear fluids.
- Bring your photo ID, insurance card, co-pay/co-insurance/deductible with you to your test.

What to bring and do prior to your test:

- You should plan on being at our facility for at least 10 minutes.
- Read prep instructions THOROUGHLY.

Weight Loss/Diabetes Medications:

- **GLP-1 Agonists:** including Mounjaro (tirzepatide), Zepbound (tirzepatide), Trulicity (dulaglutide), Victoza, Saxenda (liraglutide), Adlyxin (lixisenatide), Ozempic, Wegovy (semaglutide subcutaneous), Bydureon BCise (exenatide extended-release), Byetta (exenatide), Rybelsus (semaglutide tablet), Stop the oral or injectable medication one week prior to your test.

If you have diabetes, follow these instructions:

- **Long-Acting Insulins** (ex. Lantus, Basaglar, Semglee, Toujeo, Insulin Glargine): Decrease basal rate by ½ the day before and the day of your procedure.
- **Rapid-Acting and Regular Short-Acting Insulin** (ex. Lispro, Humalog, Admelog, Regular Insulin): If your blood sugar is high and you need to take a correction, take ½ or 50% of your usual correction. This applies to the day before and the day of your procedure.
- **Insulin Pump:** Decrease basal rate by ½ the day before and the day of your procedure. Do not administer bolus doses.
- **Other Diabetic Oral & Injectable Medications** (ex. Metformin, Glipizide, Sulfonylureas, Tradjenta, Dipeptidyl Peptidase IV (DPP IV) Inhibitors, Januvia, Janumet, Sodium-Glucose Cotransporter-2 (SGLT2) Inhibitors): Do not take the day before or the day of your procedure.
- **Check your blood sugar at same intervals as usual, and additionally, if needed:** If your blood sugar is less than 60, please take glucose tablets at any time before your procedure with a sip of water.

Procedure Cancellation Notice Requirements:

- Procedure cancellations must be made **three (3) business days prior to your appointment.**
- Failure to provide the required advance notice will result in a **\$50 Total Cancellation Fee.**

Checklist to Ensure Proper Preparation

To ensure the proper completion of your test, we strongly suggest that you **PRINT OUT** this document and check off each of the instructions as you complete them.

GROCERY STORE LIST: Purchase the items below at least five days before your test:

- 1** – 8.3 oz bottle of MiraLAX (119 grams) or generic equivalent. (You will only use half of bottle)
- 1** – 28 oz or 32 oz bottles of Gatorade (NOT Red or Purple). Patients with diabetes should use Gatorade G2 (low sugar version-not red or purple). See clear liquid list on page 3.
- 4** – Gas-X tablets (simethicone) containing 125 mg of simethicone each.
- 1** – Easily measurable 8-ounce glass/cup: You will be drinking multiple quantities of 8 oz liquids.

5 days before your test:

- Make sure you have purchased your bowel preparation items!** (listed above!)
- DO NOT** take medications that stop diarrhea such as Imodium (loperamide), Pepto-Bismol (bismuth subsalicylate) or Lomotil (diphenoxylate/atropine).
- DO NOT** take fiber supplements such as Metamucil, Citrucel, Psyllium or Benefiber.
- DO NOT** take products that contain iron such as multi-vitamins or iron supplements.

3 days before your test:

- Discontinue high-fiber foods** – Please see Low Fiber Diet tips attached.

Checklist: One Day Before Your Test

- If you have **diabetes**, please see Diabetes instructions on page 1.
- Only drink clear liquids the **ENTIRE DAY** before your procedure. **NO solid foods.**
- Drink at least 8-ounces of **clear liquids EVERY HOUR** after waking up.

The charts below will show you examples of what you can and cannot drink:

CLEAR LIQUIDS - YOU CAN DRINK:

Gatorade, Pedialyte, Powerade, Kool-Aid
Gatorade G2, Propel, Crystal Light
Popsicles
Jell-o, Juice without Pulp (i.e. Apple Juice)
Black Coffee
Tea, Water
Clear Sodas (i.e. Sprite, Ginger Ale)
Sparkling water

DO NOT DRINK:

NO Red or purple liquids
NO Milk or non-dairy creamers
NO Alcohol
NO Broth or soup
NO Juice with Pulp (i.e. pineapple juice)
NO Liquid you cannot see through
NO Apple Sauce
NO Smoothies

3:00 pm – the afternoon before your procedure, prepare the MiraLAX bowel preparation solution:

- Mix ½ of MiraLAX bottle (4.2 oz) into the 28 oz or 32 oz Gatorade bottle, until dissolved.
You may have to drink a little or pour some of the Gatorade out, to make room for the MiraLAX. Keep Gatorade bottle cool in the refrigerator. **DO NOT** add ice.
- Take two tablets of simethicone/Gas X.

4:00 pm - the afternoon before your procedure:

- 4:00 pm:** Drink 8-ounces of the MiraLAX Gatorade bottle.
- 4:15 pm:** Drink 8-ounces of the MiraLAX Gatorade bottle.
- 4:30 pm:** Drink 8-ounces of the MiraLAX Gatorade bottle.
- 4:45 pm:** Drink the rest of the MiraLAX Gatorade bottle.
- 5:00 pm:** Drink an 8-ounce glass of clear liquid (see chart above).
- 5:15 pm:** Drink an 8-ounce glass of clear liquid.
- 5:30 pm:** Drink an 8-ounce glass of clear liquid.
- 9:00 pm:** Take two additional simethicone tablets.
- Set your alarm!**

10:00 pm – the night before your procedure check-in time

- Discontinue** mints, gum, hard candy, and chewing tobacco.
- STOP DRINKING ALL LIQUIDS!**

The day of your exam:

- No medication should be taken **before 10 am the day of your exam**. You **CAN** resume medications 2 hours after ingesting the capsule.
- Please wear comfortable, loose, two-piece clothing.
- Do NOT arrive to your exam later than 8:00 am**. We will not be able to proceed if you do.
- At the office, you will ingest the capsule, and have the equipment attached to you.
- You may have clear liquids **2 hours after** swallowing the capsule.
- You may have a light meal **6 hours after** swallowing the capsule.
- PLEASE RETURN TO THE OFFICE BETWEEN 4:00-4:15 PM TO HAVE THE EQUIPMENT REMOVED.**
This should only take a few minutes.

Instructions/expectations following the exam:

- After ingesting the capsule and until it is excreted, you should not be near any electromagnetic fields, such as an MRI device or amateur (ham) radio.
- We will not need the pill after it is excreted.
- It will be approximately 2 weeks before the report is available. Your provider's nurse or medical assistant will contact you with the results. If you have any questions, please contact our office.