



**Small Bowel Capsule Endoscopy MIRALAX PREP Patient Instructions**

**Patient Name:** \_\_\_\_\_ **DOB:** \_\_\_\_\_ **ACCT#:** \_\_\_\_\_

Your physician has determined that you should have a capsule endoscopy exam. This procedure involves swallowing a Small Bowel PillCam, which is the size of a large vitamin pill. It contains a light source and a digital camera. It will pass naturally through your digestive system while taking pictures of your intestines. After 8 hours, you will need to return to our office for removal of the equipment. The information will be downloaded into our computer and will be examined by one of our physicians. This process usually takes about 1-2 weeks. The capsule is disposable and will be excreted naturally in your bowel movement. You must avoid powerful magnets such as MRI machines until the capsule has passed.

**Please read the following carefully: If you take iron pills, please STOP them one week prior to test. The day before the Capsule Endoscopy: Date: \_\_\_\_\_, please concentrate on consuming 8oz of clear liquid every hour to prevent dehydration.**

- **Purchase** two 32 oz bottles of Gatorade, Dulcolax laxative tablets (you will need 4 tablets for this prep), and Miralax 238 grams (8.3 oz) powder or generic polyethylene glycol 3350.
- **The day before your procedure** eat a normal breakfast until 8:00 am.
- **AFTER 8:00 AM, YOU MAY HAVE CLEAR LIQUIDS** (Apple juice, white grape juice, coffee & tea without cream, clear sodas, beef vegetable or chicken broth, Jell-O, popsicles (**NOTHING RED OR PURPLE**))
- **MIX the MIRALAX** - Mix ½ of the Miralax with the 32 oz of Gatorade and the other ½ of the Miralax with the second 32 oz of Gatorade. Stir / shake contents until the entire contents of Miralax are completely dissolved. Chill if desired.
- **AT 6:00 PM**, Take 2 Dulcolax laxative tablets with water by mouth. Then drink the first bottle of the Gatorade / Miralax. Drink 8 ounces every 15 minutes. A straw may help. Please continue the **CLEAR LIQUID DIET**.
- **AT 4:00AM**, Take 2 Dulcolax laxative tablets with water by mouth. Then drink the second bottle of Miralax / Gatorade. Again, drink 8 ounces every 15 minutes. **YOU MUST HAVE THIS FINISHED BY 5:00 AM. ABSOLUTELY NOTHING TO DRINK AFTER 5:00 AM.**
- You may take your morning blood pressure, heart, or seizure medication **at 5:00 am or 2 hours after** your test.

**Please go to:**

**Harford Gastroenterology Associates  
100 Walter Ward Boulevard, Suite 100  
Abingdon, MD 21009  
443.643.4700**

**PLEASE ARRIVE FOR YOUR TEST ON: \_\_\_\_\_ AT \_\_\_\_\_ AM/PM**

- Wear pants/shorts with an elastic waistline and upper garments of thin, natural fiber, such as t-shirt or tank top that is long enough to reach at least your hip level and will not ride above the belt.
- **No smoking** 24 hours prior to your test

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