



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:

7 DAYS Prior to exam: Stop Taking Iron Supplements. PURCHASE 1(one) 32 oz bottles of Gatorade, Dulcolax laxative tablets (you will need 2(two) tablets for this prep), and MiraLAX 119grams (4.1 oz) powder or generic polyethylene glycol 3350.

1 Day Prior to Exam: _____, eat a normal breakfast until 8:00 am.

- **NO SMOKING** 24 hours prior to your test.
- **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**). To Avoid dehydration please be sure to drink 8 ounces of clear liquids every hour the day prior to your procedure.
- **MIX the MIRALAX** - Mix 1 (one) bottle of the MiraLAX with 1(one) 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 bottle of the Gatorade / MiraLAX. Drink 8 ounces every 15 minutes. A straw may help. Please continue the **CLEAR LIQUID DIET**.

Day of Exam: _____, **AT 4:00 AM** please drink at least 32 ounces of clear liquids. Example: apple juice, white grape juice or lemon lime Gatorade.

- You may take your morning blood pressure, heart, or seizure medication **at 5:00 am or 2 hours after** your test.
- **ABSOLUTELY NOTHING BY MOUTH AFTER 5:00 AM.**

Please go to:

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

PLEASE ARRIVE FOR YOUR TEST 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.