

Patient Prep Instructions for Capsule Endoscopy with CapsoCam Plus

Capsule endoscopy procedure date and time:

Please arrive:

Location: 1000 Asylum Ave, Suite 3212. Hartford, CT 06105

Ingredients for preparation: MiraLax (Polyethylene glycol). Purchase a container which has at least 153 Grams

Mylicon Infant Drops (Simethicone). Smallest bottle possible, all you will need is 1.2 ml total

DAY BEFORE THE PROCEDURE

-Breakfast- eat a normal breakfast

-Lunch- eat a light lunch

****CLEAR LIQUID DIET FOR THE REMAINDER OF THE NIGHT AND FOLLOWING DAY****

(nothing colored red to drink)

-7:00 PM- Mix capfuls of MiraLax (119 grams) with 32 oz. of water or Gatorade (non-red) and drink all contents

-9:30 PM- Take 0.6 mL of Mylicon drops with 8 oz of water

-10:00PM- NOTHING TO DRINK FROM THIS POINT ON (small sips of water with medications allowed)

DAY OF PROCEDURE

-Hold all medications until 2 hours after capsule ingestion

-Two (2) hours prior to scheduled capsule ingestion time _____, Mix 1 capful (17 Grams) of MiraLax with 8 oz glass of water or Gatorade (non-red) – drink all the contents

-Arrive at the office 15 minutes before scheduled appointment

AFTER CAPSULE INGESTION

-Resume clear liquids 2 hours after swallowing capsule. You may take your medications at this time.

-Take 1 capful (17 Grams) of MiraLax.

-Enjoy lite lunch. Document what you eat.

-Eat a normal dinner