

## Procedure Cover Page

### Most Important Points

1. You cannot undergo sedation without your responsible driver physically in the building. Your driver cannot leave during your procedure. Once you arrive, your driver must stay with you. The procedure will be canceled if your driver leaves the building.
2. You cannot be transported by a cab, or commercial transportation (example: Uber or Lyft) by yourself. You can use commercial transport if you bring a responsible adult to accompany you. If you come alone, you must have *certified* medical transportation.
3. Your diet the entire day prior to your procedure is *Clear Liquids only* (no solid food). Jello is considered a clear liquid!
4. You can have clear liquids up until 4 hours prior to your arrival time. (but no solid foods)
5. You must drink the WHOLE prep. A partial prep is not adequate to clean you out properly. Just because you are not eating solids, *you are not prepped!* You must drink the WHOLE prep!
6. If you struggle with constipation, you need additional prep (more than just the usual prep). Please call and speak to the nurse to inquire about additional preparation.
7. It is easier to prep if you start at 8 am the day prior (can take it slower) but try to start no later than 4 pm (will have to drink it quicker)
8. If you do not drink the whole prep and are not fully clean, you will be rescheduled for a second colonoscopy. Why is this important? A bad prep can hide cancer or polyps. You want the best result possible!
9. If you are on a GLP-1 medicine, you must hold it for 1 week prior to the procedure or it will be cancelled. **A GLP-1 medicine is in general an injection you take for weight loss or diabetes.** If you do not know if your medicine is a GLP-1 medicine, you can call your doctor or our office and we can tell you.

## Video Capsule Endoscopy Preparation

Please read all instructions thoroughly. After reading if any questions call our office.

### Purchase the following products:

- **One (1)** small bottle of Miralax 4.1 oz (119 grams) or generic equivalent. You will need six (6) doses.
- **One (1)** box of GasX or generic equivalent. You will need one (1) tablet.

### Pick-up the following prescription:

- **Metoclopramide 10mg tablet (Reglan)** – the prescription has been sent to your pharmacy.
  - **Note:** *If the pharmacy has not received the prescription, please call our office.*

### IF YOU ARE TAKING GLP MEDICATION FOR DIABETES OR WEIGHT LOSS PLEASE READ:

- **IF INJECTABLE GLP MEDICATION YOU MUST NOT TAKE THE MEDICATION SEVEN (7) DAYS PRIOR TO YOUR PROCEDURE.**
- **IF ORAL GLP MEDICATION YOU MUST NOT TAKE THE MEDICATION ONE (1) DAY PRIOR TO YOUR PROCEDURE.**

### Starting SEVEN (7) Days BEFORE Your Procedure:

- STOP injectable GLP medication for diabetes or weight loss.

### Starting FIVE (5) Days BEFORE Your Procedure:

- Stop taking oral iron or Carafate to prevent mucosal staining.

### Starting THREEE (3) Days BEFORE Your Procedure:

- Do **NOT** eat any nuts, seeds, corn, or anything that contains these items.

### The Day BEFORE Your Procedure:

- Stop taking drugs like Pepto-Bismol, antispasmodics and antidiarrheals.
- The morning of the day before your Mix the six (6) doses of Miralax with one (1) liter of sports drink (Gatorade or Powerade). Any flavor is fine, but **avoid RED, ORANGE or PURPLE.**
- You may have two (2) meals up until **2PM** on the day BEFORE your test is scheduled, then you may be on a **clear liquid diet until 10 PM. Clear liquids include** water, sports drinks, black coffee, tea, soda (light or dark), broth, Jell-O, popsicles, and juice without pulp. **NOTHING RED, ORANGE OR PURPLE. No dairy products. No solid food.**
- Starting at **10PM** you may not have anything to eat or drink.
- Start drinking the Miralax/sports drink solution between 6PM – 7PM and try to finish in two (2) hours.

### The Day of Your Procedure:

- At **730AM** Take the metoclopramide tablet and chew the Gas-X tablet. **Please do not bring them to the office.** Also, take your regularly scheduled blood pressure, heart, and seizure medications with a sip of water.
- Restrict your fluid intake the morning of your test to only the water needed to take the capsule and regularly scheduled medications.
- If you smoke, please **do not smoke** the day your procedure is scheduled.
- Arrive for your appointment by **8AM** to check-in.
- The nurse will assist you with placing a sensor array belt with a data recorder around your waist. After placement is complete, you will ingest the capsule.
- After ingesting the capsule, you may not eat or drink anything for two (2) hours. After two (2) hours you may have a **clear liquids. Clear liquids include** water, sports drinks, black coffee, tea, soda (light or dark), broth, Jell-O, popsicles, and juice without pulp. **NOTHING RED, ORANGE OR PURPLE. No dairy products. No solid food.** After six (6) hours you may have a light snack and resume medications that were held for the test. After completing the test, you may return to your normal
- After ingesting the capsule and until it is excreted, you should not be near any source of powerful electromagnetic fields such as one created near an MRI device or amateur (ham) radio. Occasionally, some images may be lost due to radio interference. On rare occasions this may result in the need to repeat the capsule procedure.

You will receive appointment reminders with the date, time, and location of your procedure. Please make sure your cell phone and email address are on file with our office.

GastroIntestinal Specialists A.M.C  
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## Video Capsule Endoscopy Preparation (Continued)

Please read all instructions thoroughly. After reading if any questions call our office.

### The Day of Your Procedure (continued):

- The Capsule Endoscopy will last for 6-12 hours however you will be required to return to the office by **4PM** the day of your procedure, unless specified otherwise by the nurse, to determine if actual study is complete. If the study is not complete, you will be required to wear the equipment a few hours longer therefore you must return the equipment back to the clinic the next morning. During the capsule endoscopy you should avoid strenuous physical activity. In addition, you should avoid removing the belt from your waist during this period unless instructed otherwise by the nurse.
- **Check the blue flashing PillCam recorder every 15 minutes** to be sure it is blinking twice per second. If it stops blinking or changes color, note the time and contact your doctor. You will return to the physicians' office at a designated time to have the belt and sensors removed. The capsule is disposable and will be excreted naturally in your bowel movement.

### After Your Procedure:

- Over the next *two days* you can expect the following:
  - **Pain:** Pain is uncommon following capsule endoscopy. Should you feel sharp or persistent pain, please call our office.
  - **Nausea:** Nausea is also very uncommon and should it occur, please notify the office.
  - **Diet:** You may eat and drink. There are no dietary restrictions.
  - **Activities:** Following the exam, you may resume normal activities, including exercise.
  - **Medications:** You may resume all medications immediately. Do not make up for doses you have missed, just begin your normal dosage.
  - **Further testing:** **Until** the capsule passes; further testing which includes any type of MRI should be avoided. If you have an MRI examination scheduled in the next 3 days, the MRI examination should be postponed.
  - **The capsule:** The capsule passes naturally in a bowel movement, typically in about 24 hours. Most likely, you will be unaware of its passage. It does not need to be retrieved and can safely be flushed down the toilet. Occasionally, the capsule lights will still be flashing when it passes. Should you be concerned that the capsule did not pass, in the absence of symptoms; an abdominal x-ray can be obtained after 3 days to confirm its passage.
- Please call our office if you have severe or persistent abdominal or chest pain, fever, difficulty swallowing, or if you have any questions.

### Important:

- You will be contacted in 7-10 business days to discuss your test results.
- Notify the nurse **IMMEDIATELY** if you are scheduled to have an MRI performed within the 10 days of your procedure.

### Bring with you:

- Photo ID, insurance card(s) & completed paperwork forms that were sent to you.
- List of all medications, vitamins, and supplements you are taking (include dosage and last date and time each medication was taken before your arrival).

### Financial:

- Be prepared to pay any out of pocket at check-in. Call your insurance company to verify your benefits and estimated responsibility.

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