

Pillcam Colon 2 Capsule Endoscopy Preparation

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

Purchase the following products:

- **One (1)** Dulcolax 10 mg bisacodyl rectal suppository.
- **One (1)** Miralax 238-gram bottle (or generic equivalent).
- **One (1)** Gatorade 64-ounce bottle. **NOTHING RED, ORANGE, OR PURPLE.** Sugar-free drinks (G2, PowerAde Zero, Propel, Crystal Light, or water) are also options.

Pick up the following prescriptions (these have been sent to your pharmacy):

- **Metoclopramide 10 mg tablet (Reglan)**
- **4 liter bottle of PEG (poly-ethylene glycol 3350 plus electrolytes) laxative solution**
 - *Note: If the pharmacy has not received the prescription, please call our office.*

We recommend purchasing the following products:

- **A soothing ointment such as Desitin or Vaseline** – this may be applied to the anal area to prevent discomfort and skin breakdown.

The Day BEFORE Your Procedure:

- You will be on a **CLEAR LIQUID DIET** all day. This includes breakfast, lunch, and dinner. **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. No bubblegum.** Drink plenty of **CLEAR LIQUIDS** throughout the day. Stay hydrated.
- Between 6PM and 9PM, drink ½ of the PEG solution. After 9PM you may continue the clear liquid diet.

The Day of Your Procedure:

- At **6 AM** begin drinking the remaining PEG solution. You should finish the remaining solution within 1 hour.
- After completing the PEG solution, do not drink any additional liquids. **YOU CANNOT HAVE ANYTHING BY MOUTH FOR 1 HOUR PRIOR TO YOUR APPOINTMENT.**
- Mix the Miralax with Gatorade in a separate container and refrigerate.
- 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 have anything by mouth until you receive the first instruction from the data recorder.**

- 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. 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 be required to return to the office by **4PM** the day of your procedure, unless specified otherwise by the nurse.

ALERTS AND INSTRUCTIONS:

ALERT 0:

If you receive this alert, you should take one Reglan[®]* 10 mg tablet by mouth with a sip of water. Reglan[®]* is a medicine that helps the stomach to empty.² **Do not have anything else by mouth until your next alert and remain active.**

ALERT 1:

When you receive this alert, it is time to drink ½ of the Miralax Gatorade solution. This liquid is a laxative that will cause bowel movements and is used as a boost to propel the capsule through the colon.

You may remain active, doing most of your daily activities, without laying down or sleeping until the end of the procedure. You will wait for your next alert, which may be “End of Procedure” or “Alert 2”.

ALERT 2:

Three hours later if you receive this alert, you will need to drink the remaining Miralax Gatorade solution.

You should continue your clear liquid diet and remain active. You will wait for your next alert, which may be “End of Procedure” or “Alert 3”.

ALERT 3:



Two hours later if you receive this alert, you will need to insert a 10 mg bisacodyl suppository, which is a laxative that causes bowel movements, into your rectum and let it dissolve.

You should continue your clear liquid diet and continue to be active. You will wait for your next alert, which may be “End of Procedure” or “Alert 4”.

ALERT 4:

Two hours later if you receive this alert, you will need to eat a standard light meal. Once you have eaten your meal, continue drinking plenty of fluids, remain active, and wait for the “End of Procedure” alert.

ALERT :

End of procedure alert icon  When you receive the  alert, this signals the end of your procedure. This alert can occur any time after you have received Alert 1.

Once you receive this alert you may remove the equipment and return it to the office as instructed by the physicians’ staff. Your physician will review the image results and determine the next steps for your care.

After Your Procedure:

- After completing the test:
 - **Diet:** You may return to your normal diet.
 - **Activities:** 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, 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, nausea, or if you have any questions.

Important:

- Notify the nurse **IMMEDIATELY** if you are scheduled to have an MRI performed within 10 days of your procedure.