

## Small Bowel 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.
- **One (1)** liter Gatorade or equivalent sports drink. **NOTHING RED.**

### 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.*

---

### 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.**
- 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. No dairy products. No solid food.**
- Start drinking the Miralax/sports drink solution between 6PM – 7PM and try to finish in two (2) hours.
- Starting at **10PM** you may not have anything to eat or drink. This includes water, gum, and mints.

### 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 **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. 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 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.

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**  
3217 Mabel Street, Shreveport, LA 71103  
(318) 631-9121 | [www.gis.md](http://www.gis.md)

#### 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 the 10 days of your procedure.