

Capsule Endoscopy Instructions:

Purchase for your Capsule Endoscopy prep: 1.) 2 Dulcolax tablets, 2.) Miralax-238 gram bottle, and 3.) Gatorade-64oz. bottle OR a 64oz. bottle of the clear liquid of your choice. This prep is OVER THE COUNTER. No prescription needed.

You will start a clear liquid diet the day before the Capsule Endoscopy. Clear liquids only from the time you wake up.

Guide to clear diet: No red, purple, orange, or blue liquids. Nothing dark like Coke or Coffee. No milk or dairy products. No solid or soft foods. No crackers. No noodles.

You CAN have: fat free beef or chicken broth, tea, carbonated drinks such as Sprite or Mountain Dew, fruit juice with NO pulp, yellow or green Jell-o –original Jell-o only, No pudding, yellow or green Gatorade. A clear liquid drink is any drink you can see through that does **NOT** contain red, purple, orange, or blue colors.

One the day before the Capsule Endoscopy: 1.) Clear liquid diet begins as soon as you wake up. 2.) At 3:00p.m. take two Dulcolax laxative tablets. 3.) At 5:00 p.m. mix all 238 grams of Miralax in 64 oz. of Gatorade or clear liquid and shake until dissolved. Then drink 8 oz. every 15 to 30 minutes until it is all gone. (**Hint:** you may mix Miralax and Gatorade in the morning and put it in the refrigerator if you prefer your drink cold. Do NOT mix it earlier then the day before you Capsule Endoscopy.) 4.) Continue clear liquids until bedtime.

Day of Capsule Endoscopy: 1.) Arrive at Dr. Holcombe's office at 7:45 a.m. dressed in loose fitting, two-piece clothing. 2.) You will then swallow the Capsule. 3.) After swallowing Capsule you may take your medications at 10:00 a.m. with 8oz. of clear liquid, then you may have another 8oz at 2:00 p.m. 4.) After swallowing the capsule and until it has passed, you should not be near any source of powerful electro-magnetic fields such as MRI or a key fob to your vehicle. 4.) avoid any sweating and bending while wearing the equipment. 5.) Return to Dr. Holcombe's office at 4:00 p.m.

*IF you suffer from any unusual abdominal pain, nausea or vomiting during the Capsule please contact Dr. Holcombe's office at 256-329-2829.