

# Video Capsule Endoscopy Instructions

## Seven Days Prior to Capsule Endoscopy:

- ✓ Stop taking **iron supplements**
- ✓ If you are **diabetic**, check with your primary care doctor regarding when to take your diabetic medication the day before and the day of the procedure.
- ✓ Buy one (1) 4.1 oz bottle of Miralax (119 grams)
- ✓ Buy 32 ounces of clear liquid (**not red**) ex. Gatorade, Powerade, Snapple, Lemonade

## The Day Before Your Capsule Endoscopy:

- ✓ **Stop eating solid food.** Begin a clear liquid diet (see attached). Drink at least 8 glasses of water during the day to avoid dehydration.
- ✓ Around **7pm**, begin bowel prep:
  - Mix 32 ounces of clear liquid with 4.1 ounces of Miralax. Drink one 8-ounce glass every 15 minutes until entire mixture is consumed.
- ✓ You may drink as many glasses of clear liquids as you would like during the afternoon and evening the day before the procedure.
- ✓ Remain close to a bathroom as drinking the prep will cause diarrhea, usually within an hour of starting.

## The Day of Capsule Endoscopy:

- ✓ Do NOT eat or drink anything after 5:30am the morning of procedure.
- ✓ Take all necessary medications with a sip of water at 5:30am the morning of the procedure.
- ✓ If you have diabetes, follow the instructions given to you by your primary care doctor.
- ✓ After swallowing the pill, you will be able to resume a clear liquid diet 2 hours after. 4 hours after swallowing the pill you may resume eating normally.

If you need to cancel or reschedule your procedure, please do it no later than 48 hours prior to appointment. If you have any questions regarding the procedure or prep, please call our office at (516) 650-3355.

# Clear Liquid Diet

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This diet consists of food products that are clear (things you can see through).

Food Category	ALLOWED
Beverages	Water, Tea or Coffee(without milk), Apple Juice, Grape Juice, Soda, Ginger Ale, Gatorade, or other Clear Drinks
Desserts	Plain Jell-O (no red color), Water Ices (Italian Ices), Popsicles
Soups	Fat Free Broth, Fat Free Bouillon, Fat Free Consommé
Sweets	Hard Candy, Honey, Sugar

The above diet should be **followed strictly** in order to help ensure a thorough exam. No other foods are allowed with this diet, some examples of foods NOT allowed are listed below.

NOT ALLOWED
Milk, Cheese, Breads, Ice Creams, Sherbet, Eggs, Fruits, Vegetables, Meat, Poultry, Fish

## Sample Meal Pattern

- Breakfast: 1 glass of apple juice, 1 cup of Jell-O, 1 cup of tea with sugar  
10am Snack: 1 glass of ginger ale, 1 cup of Jell-O  
Lunch: 1 cup of chicken broth, 1 glass of carbonated beverage  
3pm Snack: 1 cup of tea with sugar, 1 cup of Jell-O  
Dinner: 1 cup of vegetable consommé, 1 glass of fruit Juice  
8pm Snack: 1 cup of Italian ice, 1 cup of Jell-o

✦ Remember, always keep yourself well hydrated