

## SMALL BOWEL CAPSULE ENDOSCOPY PREPARATION AND INSTRUCTIONS

To ensure the best result for your Small Bowel Capsule Endoscopy, please follow the instructions carefully and completely.

**Purchase the following:** (These medications do not require a prescription)

- One (1) bottle of infants simethicone or Mylicon (gas drops) 1.2 ml total
- Polyethylene Glycol (MiraLax, ClearLax, PureLax, GaviLax, LavaClear brands). Purchase a container which has at least 153 grams (you will likely have some left over).

**One week prior to your appointment, STOP all multi-vitamins and/or iron supplements.**

### 24 HOURS PRIOR TO YOUR CAPSULE ENDOSCOPY

- Eat a normal breakfast followed by a light lunch.
- Start a clear liquid diet at 1:00pm. **Do not eat any solid foods after that time.** Examples of clear liquids are apple juice, white grape juice, chicken or beef bouillon/broth, popsicles, Jell-O (no red or purple colors), coffee and tea (both without cream, non-dairy creamer, or milk).
- **7:00pm** Mix seven (7) capfuls (119 grams) of Polyethylene Glycol (MiraLax, ClearLax, PureLax, GaviLax, LavaClear brands) with 32oz of water or Gatorade or sugar free Gatorade (non-red) and drink all contents.
- **9:30pm** Take 0.6ml of Mylicon drops with 8oz of water. This will reduce bubbles in the GI Tract.  
**Nothing to drink after midnight.**

### DAY OF CAPSULE ENDOSCOPY

- **Arrive for your appointment \_\_\_/\_\_\_/\_\_\_ @ \_\_\_:\_\_\_ am**
- **Do not take any medications the morning of your appointment.**
- Wear upper garments of thin, natural fiber such as a t-shirt that is long enough to reach at least to hip level and will ride up above the belt.

### AFTER SWALLOWING THE CAPSULE

- You may drink clear liquids starting two (2) hours after swallowing the capsule. You may also take medications as needed at this time.
- You may have a light snack four (4) hours after ingestion. Do not consume anything red or purple.

Gastroenterology  
1225 South Broadway, Suite 201  
Lexington, KY 40504  
859.258.4992  
[www.lexingtonclinic.com](http://www.lexingtonclinic.com)

- Check the blue flashing PillCam recorder throughout the day. If it stops blinking or changes color, note the time and contact your provider.
- Avoid strong electromagnetic fields such as MRI devices or ham radios after swallowing the capsule and until you pass it in a bowel movement or receive your results.
- While wearing the sensor belt and monitor:
  - Do not exercise.
  - Avoid heavy lifting.
  - Avoid MRI machines and radio transmitters.
  - Do not remove the sensor belt.
  - Avoid getting the sensor belt wet.
  - You may sit or lie down.
  - You may drive a car.
  - You may return to work if your work does not require exercise or heavy lifting.
  - You may use a computer, radio, stereo and mobile phone.

**RETURN TO THE OFFICE BETWEEN 3:45 – 4:00pm.**

After the examination is complete, you may return to your normal diet.

**Please call our office at 859.258.4992 or 859.258.4950 if you have any questions. Our office hours are Monday through Friday 8:00am – 4:30pm.**