

# Patient Prep Instructions for Capsule Endoscopy with CapsoCam Plus®

## Morning Ingestion Appointment

\*NOTE: If taking an oral iron supplement, please stop 4 full days prior to the test.

Your Capsule Endoscopy procedure is scheduled at: Carolina Mountain Gastroenterology

Address: 1032 Fleming St. - Hendersonville, NC 28791

Day \_\_\_\_\_ Date \_\_\_\_\_ Time \_\_\_\_\_

### Day Before Procedure

Day:	Eat normally for breakfast followed by a light lunch. Then begin clear liquid diet for the remainder of the day/night before the procedure. (Nothing colored red to drink).
Day: Time: 7:00 pm	Mix seven (7) capfuls (119 grams) of Polyethylene glycol (MiraLAX®, ClearLax, PureLax, GaviLax, LavaClear brands) with 32 oz. of water or Gatorade® or Sugar-free Gatorade (non-red) and drink all contents.
Day: Time: 9:30 pm	At 9:30 pm, take 0.6 ml of Mylicon® drops with 8 oz of water. This will reduce bubbles in the GI tract. Nothing to drink after 10pm. Small sips of water with medications allowed.

### Day of Procedure

Day: Time: Morning	Hold medications until 2 hours after ingestion of capsule unless your doctor deems it necessary, then take small sips of water with medications.
Day: Time:	Two (2) hours prior to scheduled capsule ingestion time, mix 1 capful (17 grams) of Polyethylene glycol (MiraLax, ClearLax etc.) with full glass of water or Gatorade (non-red). The Polyethylene glycol bottle top is a measuring cap marked to contain 17 grams of powder when filled to the indicated line.
Day: Time:	Arrive at Office/Clinic.
Time:	<b>Ingest CapsoCam Plus capsule</b> with 0.6 ml of Mylicon drops in 8 oz of water.
Time:	Resume clear liquids 2 hours after swallowing the capsule.
Time:	Four (4) hours after capsule ingestion, mix 17 grams of Polyethylene glycol (MiraLax, ClearLax etc.) with full glass of water or Gatorade (non-red), drink all of the contents.
Time:	Enjoy a light lunch when you are ready. Please document what you have for lunch. _____ Eat normally for dinner. No further diet restrictions are necessary.

## Important Patient Information

- For best results, strictly follow the instructions. The capsule will typically take 3-30 hours to pass. If you haven't passed the capsule at 72 hours after capsule ingestion, contact your physician.
- To watch the retrieval video instructions, visit <https://capsovision.com/patient-resources/what-to-expect-with-capsocam/>
- To avoid a repeat of this study, please adhere to your retrieval instructions until capsule is retrieved. Continue to use the Retrieval Pan provided until the capsule is retrieved.
- Return the capsule back to your physician as instructed.

## Returning the Capsule: 1 of 2 options chosen by your Healthcare Provider

- If provided a pre-labeled padded envelope in your take-home kit, place the capsule inside the vial. Ensure the vial lid is locked and put the vial into the envelope. Seal the envelope and drop it off at any FedEx drop box or physical FedEx location.

\*\*\*\*Please call office if you have abdominal pain, nausea or vomiting\*\*\*\*

Please call our office if you have any questions at: \_\_\_\_\_ T: (828) 696-3099 \*Option 2 Ask to speak with a nurse\*

\*\*After 5pm please call 696-1000 and ask for Dr on call for Carolina Mountain Gastro\*\*

## Purchasing the Prep Medication

**Note:** Prep Medication comes in a variety of sizes: When purchasing your preparation medication, ensure you get enough for the whole prep.

Polyethylene glycol (MiraLAX®, ClearLax, PureLax, GaviLax, LavaClear brands). Purchase a container(s) which has at least 153 grams (you will likely have some left over).

Mylicon Drops - Smallest bottle possible... all you will need is 1.2 ml total.