



Associates in Gastroenterology, P.C.

2940 N. Circle Drive

Colorado Springs, CO 80909

(719) 635-7321

Patient Prep Instructions for Capsule Endoscopy with CapsoCam Plus:

Scheduled: _____

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

Day Before Procedure:

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/PURPLE to drink).

7:00 p.m., Mix seven capfuls (119 grams) of Polyethylene glycol (MiraLAX) with 32 oz of water or Gatorade or Sugar -free Gatorade (non-red/purple) and drink all contents.

At 9:30 p.m., take 0.6 ml of Mylicon (simethicone) drops with 8 oz of water. This will reduce bubbles in the GI tract. Nothing to drink after 10 p.m. Small sips of water with medication allowed.

DO NOT SMOKE 24 HOURS PRIOR TO YOUR EXAM

Day of Procedure:

Morning of, hold medication until 2 hours after ingestion of capsule unless your doctor deems it necessary, then take small sips of water with medications.

Two (2) hours prior to scheduled capsule ingestion time, mix 1 capful (17 grams) of Polyethylene glycol (MiraLAX) with 8 oz of water or Gatorade (non-red/purple). The Polyethylene glycol bottle top is a measuring cap marked to contain 17 grams of powder with filled to the indicated line.

Arrive at office/clinic as scheduled

Ingest CapsoCam Plus capsule with 0.6 ml of Mylicon (simethicone) drops in 8 oz of water.

Resume Clear liquids _____, two (2) hours after swallowing the capsule.

Four (4) hours after capsule ingestion, _____ mix 17 grams of Polyethylene glycol (MiraLAX) with 8 oz of water or Gatorade (non-red/purple), drink all the contents.

Enjoy a light lunch when you are ready. Please document what you have for lunch.

Eat normal for dinner. No further diet restrictions are necessary.

IMPORTANT PATIENT INFORMATION:



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- For best results, strictly follow the instructions. The capsule will typically take 8-48 hours to pass. If you haven't passed the capsule at 72 hours after capsule ingestion, contact your physician.
- To avoid a repeat of this study, please adhere to the retrieval instructions until capsule is retrieved. Continue to use the Retrieval Pan provided until the capsule is retrieved. If needed ok to rinse capsule with warm water prior to retrieval.
- 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.

Purchasing your 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): 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. **Bring drops with you to your appointment.**

At least 48 oz of Gatorade, Sugar-Free Gatorade (non-red/purple), if preferred over mixing with water.

Please call our office if you have any questions: (719) 635-7321 ext. 210