

Video Capsule Endoscopy Instructions

Purchase the following at the drug or grocery store:

- 32 oz. of Gatorade (avoid red or purple)
- 8.3 oz. (238 gram) bottle of Miralax
- 2-Dulcolax tablets (generic name Bisacodyl)

5 DAYS Before the Day of Procedure Date

- Stop taking any iron supplements or vitamins containing iron.

1 DAY Before the Day of Procedure Date

- You may eat a normal breakfast, but no more solid foods after breakfast (by 9 AM).
- Mix half of the Miralax bottle (119 grams) with 32 oz. of Gatorade, shake well, place in refrigerator.
- You will follow a clear liquid diet the rest of the day, please avoid red or purple liquids.
- **At 4:00 PM take *TWO* Dulcolax tablets (Bisacodyl)**
- **At 5:00 PM begin drinking the Miralax / Gatorade mixture. You may have clear liquids only until 12 AM Midnight.**
- Nothing to drink after 12 A.M. Midnight the night before procedure.

DAY of Your Procedure

- Wear a light cotton shirt (e.g. t-shirt/comfortable clothing) The sensor belt will be placed over your clothing.
- Do not wear perfumes, colognes, or powders.
- Take medications instructed by your provider the morning of with small sips of water before 5:00 AM
- **Do not take any medications right before procedure.**
- Do not eat or drink 0-2 hours after swallowing capsule
- You **MAY** drink clear liquids only 2 hours or more after swallowing capsule to take any necessary medications.
- 4 hours after swallowing the capsule you may have a light snack then back to clear liquids until the end of the test
- 8 hours after swallowing the capsule your test is considered complete and you may resume a regular diet.
- **You will wear your equipment for a total of 12 hours.**
- **Be sure to return your recorder at the end of the procedure day or when instructed by the facility.**
- **Please avoid MRI until cleared by your GI provider to do so following the capsule endoscopy procedure.**
- **We do not need capsule returned once passed.**

LOCATION (Go to the Front Entrance)

- **Tristar Greenview Regional Hospital | 1801 Ashley Circle, Bowling Green, KY 42104**
- **Medical Center Outpatient Department | 250 Park Street, Bowling Green, KY 42101**

Check-in date: _____ Check-in time: _____