

VIDEO CAPSULE ENDOSCOPY INSTRUCTIONS W/ MIRALAX	
PLEASE PURCHASE	<ul style="list-style-type: none"> Over the counter at local pharmacy <ul style="list-style-type: none"> Dulcolax (bisacodyl) 5 mg pills (need 3 pills total) Miralax 238 gram bottle Gatorade - one 32 oz bottle (No Red, Purple or Orange Color) Simethicone (Gas Ex)
7 DAYS BEFORE	<ul style="list-style-type: none"> Stop fiber supplements and iron supplements, including multivitamins
1 DAY BEFORE	<ul style="list-style-type: none"> MORNING: <ul style="list-style-type: none"> Eat a light breakfast <u>before 10 am</u> the day before the procedure. After breakfast, consume only clear liquids including iced/hot tea, black coffee, clear broth, apple or white grape juice, gingerale, jello, ice pops (no red, purple, or orange color liquids) Do not smoke for 24 hours prior to the procedure 6PM: <ul style="list-style-type: none"> Pour half of the Miralax bottle into the Gatorade bottle; shake until dissolved Drink one 32 oz bottle, a cup every 15 minutes until completed Bowel movements should begin 1-2 hours after starting the Miralax/Gatorade mix but the effect can be delayed by up to 4-6 hours <ul style="list-style-type: none"> By the end of the cleanse you should be passing watery liquid which can have a green to brown tinge AFTER 10PM: Do not eat or drink anything. No candy or gum. PATIENTS WITH DIABETES: <ul style="list-style-type: none"> Consult with your prescribing doctor about medication adjustments the day before and the day of the procedure
DAY OF PROCEDURE	
BEFORE COMING TO THE OFFICE	<ul style="list-style-type: none"> Do NOT eat or drink anything in the morning. Do NOT take your regular medications <ul style="list-style-type: none"> <u>Bring your medications to the test. You will be able to take your medications 4 hours after you swallow the video capsule.</u> Chew four Simethicone (Gas Ex) tablets before coming to the office. Wear a two-piece outfit with a loose fitting, cotton top that extends below the waist

ON OFFICE ARRIVAL	<ul style="list-style-type: none"> • 8AM: Arrive for check in and sign consent form <ul style="list-style-type: none"> ○ A Sensor Belt will be placed around your waist and connected to small Data Recorder which you will wear over your shoulder ○ You will swallow a capsule the size of a large vitamin with water
AFTER SWALLOWING THE CAPSULE	<ul style="list-style-type: none"> • DIET GUIDELINES: <ul style="list-style-type: none"> ○ Do not eat or drink for 2 hours after swallowing the capsule. ○ After 2 hours you may drink clear liquids. ○ After 4 hours you may have a light lunch and continue clears.
	<ul style="list-style-type: none"> • SPECIAL INSTRUCTIONS: <ul style="list-style-type: none"> ○ The Capsule endoscopy lasts approximately 8 hours. You do not have to remain in the office during this time. ○ Do not disconnect the equipment or remove the belt at any time during this period. ○ You must stay away from any source of powerful electromagnetic fields, such as MRI or amateur (HAM) radio, until the capsule is passed in your stool. ○ During the testing period, you will need to confirm every 15 minutes that the small green/blue light on top of the recorder is blinking. Contact the office immediately if the blinking stops ○ Return to the office 8 hours after swallowing the capsule to have the equipment removed. ○ After the examination is completed you may return to your normal diet. ○ The capsule will pass in your stool over the coming days; you do NOT need to retrieve the capsule.

WHEN TO CONTACT THE OFFICE (212 427 8761)

<ul style="list-style-type: none"> • If you suffer from any abdominal pain, nausea or vomiting during or after the Capsule Endoscopy. • The Capsule light stops blinking blue during the exam or should you encounter other technical difficulties
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