

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"> ○ Miralax 238 gram bottle ○ Gatorade - one 28 (or 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 28 (or 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

<p>ON OFFICE ARRIVAL</p>	<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
<p>AFTER SWALLOWING THE CAPSULE</p>	<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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