MANHATTAN GASTROENTEROLOGY

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VIDEO CAPSULE ENDOSCOPY INSTRUCTIONS W/ MIRALAX

PLEASE PURCHASE	• Purchase over the counter at your local pharmacy 1. **Miralax** 238 gram bottle 2. **Gatorade** - one 28 (or 32) oz bottle (No Red, Purple or Orange Color) 3. **Simethicone** (Gas-X)
7 DAYS BEFORE	• **Stop fiber supplements and iron supplements**, including multivitamins • **Stop any GLP-1 medications** (injection or oral)
1 DAY BEFORE	• **MORNING:** o Eat a light breakfast before 10 AM the day before the procedure. o After breakfast, consume only clear liquids including iced/hot tea, black coffee, clear broth, apple or white grape juice, ginger ale, Jell-O, ice pops (no red, purple, or orange color liquids) o Do not smoke for 24 hours prior to the procedure • **6 PM:** o Pour half of the Miralax bottle into the Gatorade bottle; shake until dissolved o Drink one 28 (or 32) oz bottle, a cup every 15 minutes until completed • **Bowel movements** o 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 o By the end of the cleanse, you should be passing watery liquid which can have a green to brown tinge • **AFTER 10 PM:** Do not eat or drink anything: no candy or gum. • Do not apply any lotion to your abdominal skin at least 12 hours before the procedure time. • **PATIENTS WITH DIABETES**: 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	• Do NOT eat or drink anything in the morning. • Do NOT take your regular morning medications o Bring your medications to the test. You will be able to take your medications 4 hours after you swallow the video capsule. • Chew four Simethicone (Gas-X) tablets before coming to the office. • Wash your abdominal skin with soap as close to the procedure time as possible • Wear loose, two-piece clothing. The area around your navel (about 4 inches above and below) must be easily accessible. • Do not wear a belt. • Do not apply any medication patches or pumps on the area in which the link device will be applied • Do not wear lip balm or lipstick.

IN OFFICE ARRIVAL	• **8:00 AM: Arrive for check-in and to sign consent forms**
	  o An adhesive sensor patch will be placed on your abdomen
	  o You will swallow a capsule the size of a large vitamin with water

AFTER SWALLOWING THE CAPSULE	• **DIET GUIDELINES:**
	  o **Do not eat or drink for 2 hours after swallowing the capsule**.
	  o **After 2 hours,** you may drink clear (colorless) liquids such as water, apple juice, ginger ale, clear broth, or tea/coffee without milk or cream. Avoid red, purple, or orange liquids.
	  o **After 4 hours,** continue clear liquids. You may have a light snack such as toast, crackers, applesauce, a banana, plain rice, or yogurt. Avoid large meals, high-fiber, greasy, or strongly colored foods.

	• **SPECIAL INSTRUCTIONS:**
	  o Be sure the adhesive sensor remains securely attached to your abdomen for the duration of your procedure.
	  o The capsule endoscopy lasts approximately 8-12 hours. You do not have to remain in the office during this time.
	  o 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.
	  o Handle the PillCam Genius link device with care. Do not take a bath or shower, and avoid swimming or heavy activity while wearing it.
	  o Do not remove the link device until the procedure is complete.

AFTER COMPLETING THE PROCEDURE	• **END OF THE EXAM**
	  ○ The LED light on the link device will turn off and stay off, which indicates the procedure is complete. In addition, you may feel a vibration and hear an audible tone.
	  ○ This will occur 8-12 hours after you initially swallowed the capsule.
	  ○ Remove the link device from your abdomen by peeling the adhesive layer away from the skin.
	  ○ Fold in half so the two adhesive surfaces touch each other.
	
	Figure 1 folding the link device.
	  ○ Insert the link device into the anti-static bag provided in your kit.
	  ○ Return the link device to your physician's office at 8:00 AM the following morning – at 55 West 17th Street, New York, NY 10011
	  ○ After the examination, 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.
	  ○ If you are not sure that the capsule has passed out of your body and you develop unexplained nausea, abdominal pain, vomiting, or fevers, then contact your doctor for evaluation.
	  ○ Undergoing an MRI while the PillCam capsule is inside your body may result in damage to your intestinal tract or abdominal cavity. If you are not sure the capsule is out of your body, contact your physician for evaluation and a possible abdominal X-ray before undergoing an MRI.