

Your procedure will be performed on: _____ at

**North County Gastroenterology Medical Group, Inc.
3923 Waring Road, Suite B • Oceanside, CA 92056**

Please arrive at: _____. Call (760) 724-8782 if you have any questions.

CAPSULE ENDOSCOPY PREP

PURCHASE AT A PHARMACY:

1. **Miralax 119-gram bottle.**
2. Buy 2 Dulcolax Laxative tablets (not the suppositories). No prescription is needed for this.
3. One 32 oz. bottle of Gatorade – any color except RED! Or instead of the Gatorade a 33 oz. bottle of SMART WATER.

1 DAY BEFORE THE PROCEDURE:

1. Starting first thing in the morning – drink clear liquids only (**see list on reverse side**). No solid food!
2. **Diabetic Patients:** Do not take any diabetic pills. For insulin, inject ½ of your usual dose.
3. At 1:00 pm take 2 Dulcolax tablets.
4. At 2:00 pm mix the 119-gram bottle of Miralax with the 32 oz bottle of Gatorade or the 33 oz bottle of Smart Water. Drink an 8 oz glass every 15 to 30 minutes until the solution is gone.
5. Continue to drink clear liquids until bedtime. The more you drink the better. No solid foods!
6. Continue with your medications while prepping unless otherwise advised by the doctor.

DAY OF THE CAPSULE ENDOSCOPY:

1. Do not eat breakfast and do not take any medications.
2. **Nothing to eat or drink after this time.**
3. Arrive at our office as directed above. Dress in loose fitting, two-piece clothing.
4. The sensors will be applied to your abdomen with adhesive pads and will be connected to the recorder which you will wear in a belt around your waist. After that you will be instructed to ingest the capsule.
5. You will be informed that there is a small chance of intestinal obstruction associated with the Capsule Endoscopy. You will be asked to give your informed consent.

CLEAR LIQUID DIET

NO SOLID FOODS ALLOWED

AVOID ARTIFICIAL RED DYES

- No red Jell-O
- No red Gatorade
- No red Kool-Aid
- But can have Natural red color such as cranberry juice

RESTRICT YOUR CHOICES TO THE LIQUIDS LISTED BELOW

- Water, tea, coffee
- Carbonated beverages and clear fruit juices listed below:
 - Grape juice
 - Cranberry juice
 - Cranberry juice products
 - Apple juice
 - Gatorade (No RED Gatorade)
 - Coconut water
- Jell-O (No RED Jell-O)
- Broth: beef, chicken, vegetable and Miso
- Sugar, honey, and syrups

DIABETICS:

- Please use sugar free beverages. Do not use any sugar, honey, or syrups.