

Capsule endoscopy preparation instructions

Please follow these instructions carefully as you prepare for your exam.

Five days before your procedure

- Stop taking iron supplements.
- Purchase Miralax from your local pharmacy. You will need a total of 68 grams or 2.0 ounces. This product is available over-the-counter.

One day before your procedure

- At 3 p.m., start drinking clear liquids only (water, regular or diet Sprite or 7-Up).
- No food or liquids with color after 3 p.m.
- Starting as early as 2 p.m. or as late as 5 p.m., take one dose of Miralax every half hour, for a total of four doses. One dose of Miralax is 17 grams or one scoop of powder diluted in 8 oz. of clear liquid.
- Walking around will help the laxative move through the colon.
- Do not eat or drink anything after midnight.

Day of your procedure

- Do not eat or drink anything.
- Wear pants with an elastic waist and a light t-shirt.
- Do not take any medication by mouth unless otherwise instructed to do so.
- Upon arrival at the hospital, check-in at **First Floor Registration.**

After you swallow the capsule

- You will be unable to eat or drink for four hours after you swallow the capsule. After four hours you may have clear liquids.
- Return the recorder belt to the fourth floor at HSHS St. Mary's Hospital Medical Center after 12 hours. Our hours are Monday through Friday 7 a.m. to 4 p.m. If you must return it after hours, please drop the monitor off at St. Mary Hospital Medical Center Emergency Department on the first floor.
- After you return the recorder, you may eat and drink normally.

Questions

If you have any questions, contact your physician's office at (920) 429-1700. A nurse is available 24 hours a day.

Need to reschedule

Please contact our office at (920) 429-1700 if you need to reschedule. Staff is available Monday through Friday from 7:30 a.m. to 5 p.m. Cancellations 48 hours in advance are preferred.