

Capsule Endoscopy Prep Instructions

We have scheduled you for a Capsule Endoscopy on _____. Please arrive at _____ A.M. and expect to return **NO LATER THAN** _____ P.M. The test will be performed at: Mid-America Gastro-Intestinal Consultants, 4321 Washington St. Suite 5600, Kansas City, MO.

Please provide a **COMPLETE, CURRENT** list of all prescription and over the counter medications and supplements prior to your test day. Please have results of any imaging studies, not completed at a St. Luke's facility, faxed to our office at 816-561-8217 prior to your test.

You will need to purchase the following over-the counter products:

1 – 10 oz. bottle Lemon-Lime Magnesium Citrate

1 – 238 gram container of Miralax

4 – Dulcolax Laxative Tablets

1 – 64 oz. bottle of Gatorade (any color except Red or Purple). **Diabetic Patients** use Propel Fitness Water.

5 DAYS BEFORE THE TEST:

Stop Iron supplements.

THE DAY BEFORE THE TEST:

NO SOLID FOODS or dairy products. Clear liquids only. Acceptable liquids are: black coffee, tea, clear juices, powdered lemonade, water, vitamin water, carbonated beverages, sports drinks, popsicles, jell-o, broths, coconut water, honey, sugar. **(No dairy, no pulp, no red or purple drinks or jell-o, no added fruit).**

2:00 PM the day before the test. Pour 64 oz of Gatorade into a pitcher and chill in the refrigerator. Drink the entire bottle of Magnesium Citrate. This can be mixed with Sprite, 7-Up or Ginger Ale. If patient has Congestive Heart Failure or Kidney/Renal Failure **DO NOT** drink Magnesium Citrate.

3:00 PM the day before the test. Take 4 Dulcolax tablets with 8 oz water.

5:00 PM the day before the test. Mix the **ENTIRE** container of Miralax (238g) with the 64 oz of Gatorade. Drink 8 oz of the solution every 15 minutes until gone. If patient becomes nauseated or begins to vomit, slow down and when the nausea subsides, begin drinking every 15 minutes again. Lying on your right side can help empty the stomach.

THE DAY OF THE TEST:

You may have clear liquids only, up to 6 hours prior to the test (approximately 1:30 a.m.).