



**Budge Clinic
Gastroenterology
1350 north 500 East 3rd floor
Logan, Utah 84341
Office: 435-716-1260 Fax: 435-716-1275
Instruction for Capsule Endoscopy**

Procedure Date: _____

To do a satisfactory examination, you must have an empty stomach. The best results have been obtained by following these instructions.

1. At your pharmacy or drug stores purchase:
 - Miralax Powder 238 gram bottle (14 day bottle).
 - Purchase Gatorade or PowerAde for additional fluid intake. Diabetics should use low calorie Gatorade, Propel or similar liquid. Avoid Red, Green, Blue, or Purple color liquids.
2. After lunch the day before your procedure start the clear liquid diet.
3. Mix $\frac{1}{2}$ of the 238 gram bottle of Miralax with 1 quart of clear liquid. Mix the remaining Miralax powder in another quart of clear liquid. Stir, chill and ice if you would like.
4. At 5:30 pm drink 8 ounces every 10 minutes of 1 quart of the Miralax solution until it is consumed.
5. Continue to drink clear liquids until you go to bed
6. At 4 a.m. the morning of your procedure drink 8 ounces of the 2nd quart of the Miralax solution every 10 minutes until the solution is consumed.
7. Do not take any medications or drink any fluids 2 hours before the exam.
8. Wear comfortable, two piece clothing. You will not be able to change your clothes for the full 8 hours.
9. If you have a pacemaker or any other electrical implanted device please contact the office before your appointment.

During the time you will be wearing the transmitter you will be asked to not drink alcohol or smoke. Alcohol slows the motility of the stomach and bowel and tobacco blackens the lining of the esophagus and stomach. You will be able to do your normal activities during the day and will be asked to return 8 hours after you swallowed the capsule.

Recommendations for Clear Liquid Diet

Propel, PowerAde and Gatorade are the preferred clear liquids, use low-calorie if you are diabetic, (no red, purple, green, or blue)

Clear fruit juices, white grape juice and apple juice

Water

Kool-Aide, (no red, purple, green, or blue)

Clear soup or bouillon

Popsicles (no red, purple, green, or blue)

Tea or coffee without cream (can use honey, sugar or sweetener)

Hard candies, chewing-gum

Soda- 7-up, Sprite, Pepsi, Coke, Ginger ale, orange (no red, purple, green, or blue) Jell-O (no red, purple, green, or blue)

Definition of a Clear Liquid Diet– if you can see through it you can drink it.