

# MaineGeneral Gastroenterology

## Preparation for Capsule Endoscopy with MiraLAX®

### Please read all instructions thoroughly.

Stop Iron pills or multivitamins with iron, one week before the procedure.

If you have constipation or use laxatives regularly, please call for additional instructions.

### Do these things the day before your procedure:

Day: \_\_\_\_\_ Date: \_\_\_\_\_

- DO NOT eat or drink except for necessary medications with a sip of water for 6 hours before your capsule endoscopy.
- After lunch, you may not have any solid food until after your procedure. Clear liquids are allowed; drink them frequently.
- A clear liquid is any liquid you can see through. Examples are bouillon, apple juice, cranberry juice, ginger ale or sprite, tea, black coffee (sugar allowed), Popsicles (any color), Gatorade (any flavor), Jell-O (please do not eat red or orange Jell-O).
- **If you are diabetic**, see reverse side for special instructions.
- At 6 p.m., mix one 240-255 gram bottle of MiraLAX® in 64 oz. of Gatorade (any flavor). Drink an 8 oz. glass every 15-20 minutes until gone.
- Some patients have difficulty tolerating a large volume of cold liquid. If you become chilled, try warm clear liquid or drink the solution at room temperature.
- Once the prep is complete, you may continue with clear liquids.

Appointment Date: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

Appointment Time: \_\_\_\_\_

Procedure Location:

**MaineGeneral Gastroenterology  
Thayer Center for Health  
149 North Street  
Waterville**

- At 10 p.m. stop clear liquids except for necessary medication with a sip of water.
- Take 1 Gas-Ex pill before going to bed.

### Do these things the day of your procedure:

Day: \_\_\_\_\_ Date: \_\_\_\_\_

- Do not eat or drink except for necessary medications with a sip of water six hours before your capsule endoscopy.
- Please DO NOT apply any lip balm or lipstick. This may obstruct the view of the camera.
- Take 1 Gas-Ex pill when you first get up with a sip of water.
- DO NOT take any medication beginning two hours before the procedure.
- Please wear loose-fitting two-pieced clothing as the recorder belt that is worn around the waist is bulky.
- Arrive at MaineGeneral Gastroenterology, Thayer Center for Health, 149 North Street, Waterville at 8 a.m.

### You will not need someone to drive you home.

At the office, we will review the procedure and risks with you, and ask you to sign a consent form.

You will then swallow the capsule that will take pictures of the GI tract for 12 hours. It is designed to evaluate the small intestine.

**Please feel free to call with any questions or concerns at 861-6500.** If you call after hours, you will reach the answering service staff who will page the doctor on call.

## Guidelines for Patients with Diabetes

### **Drink plenty of clear liquids that contain sugar.**

- Check your blood glucose (sugar) at least every 2 to 4 hours and record the results.
- Check your blood sugar the morning of the procedure. If it is low, call Endoscopy at 861-6500. If you call before 7:30 a.m., the answering service will page the doctor on call.

### **If you use long-acting insulin:**

- Take your long-acting insulin as prescribed. These include LANTUS<sup>®</sup>, Levemir<sup>®</sup> or your insulin pump.

### **If you use short- or medium-acting insulin:**

- Cut back to half the usual dose the day before your procedure.

### **If you take oral agents (pills):**

- Take your pills as directed the day before your test.
- On the day of your test, do not take your pills until **after** your procedure.