

# Video Capsule Endoscopy Prep Instructions

Please review this entire document! These instructions are your physician’s specific instructions. Follow all steps carefully to ensure a successful prep and capsule ingestion procedure. If you are or may be pregnant, please discuss the risks and benefits of this procedure with your provider. **Questions? Call 317.214.5468.**

Please do your best to keep your scheduled appointment time. If you must cancel or reschedule, please call us at 317.214.5468 at least **SEVEN DAY’S NOTICE.**

<p><b>5 Days</b> before capsule ingestion</p>	<ul style="list-style-type: none"> <li>• Stop taking iron pills or any multivitamins that contain iron.</li> <li>• Stop taking fiber supplementation (such as Metamucil, Citrucel, perdiem, etc.).</li> </ul>
<p><b>1 Day</b> before capsule ingestion</p>	<ul style="list-style-type: none"> <li>• Eat normally for breakfast followed by a light lunch.</li> <li>• <b>AT 1PM:</b> start a clear liquid diet for the remainder of the day/night before the procedure (no red- or purple-colored drinks).</li> <li>• <b>AT 5PM:</b> mix seven (7) capfuls (119 grams) of polyethylene glycol (MiraLAX®, ClearLax, PureLax, GaviLax, LavaClear brands) with 32 oz. of Gatorade® or sugar-free Gatorade® (no red or purple liquids) and drink all the contents.</li> <li>• <b>You may</b> have clear liquids up until midnight.</li> <li>• <b>Do NOT</b> eat or drink anything after midnight.</li> </ul>
<p><b>On the Day</b> Before capsule ingestion</p>	<p><b>Do not take your medications until 2 hours after ingestion of the capsule unless your doctor deems it necessary, then take small sips of water with medications.</b></p> <ul style="list-style-type: none"> <li>• Arrive at the office at your scheduled appointment time.</li> <li>• Ingest the Capsocam capsule</li> </ul>
<p><b>After</b> capsule ingestion</p>	<ul style="list-style-type: none"> <li>• Do NOT eat or drink anything for two hours after ingesting the capsule.</li> <li>• 2 hours after ingestion, you may have a clear liquid diet.</li> <li>• 4 hours after ingestion, you may have a light lunch.</li> <li>• Eat normally for dinner. No further diet restrictions are necessary.</li> </ul>

## Required Items

- Allowed beverages for clear liquid diet
- Polyethylene glycol (MiraLAX®, ClearLax, PureLax, GaviLax, LavaClear)
- 32 oz. of Gatorade® or sugar-free Gatorade®

**NO RED ⊗ NO PURPLE ⊗ NO DAIRY ⊗ NO PULP**

## General Information

- The capsule will typically take 3-30 hours to pass. If you haven't passed the capsule at 72 hours after capsule ingestion, contact our office at 317.214.5468
- To avoid repeating the study, please adhere to your retrieval instructions until the capsule is retrieved. Continue to use the Retrieval Pan provided until the capsule is retrieved. To watch the retrieval video instructions, visit [Capsovision - What to Expect](#)
- Avoid MRI examinations until the capsule passes through the system and is excreted and retrieved.
- Do not board an aircraft until the capsule is excreted and retrieved.
- Return the capsule back to your physician as instructed:
  - Place the capsule inside the vial. Ensure the vial lid is locked and put the vial into the envelope. Seal the envelope and drop it off at any FedEx drop box or physical FedEx location.

## **CLEAR LIQUID DIET**

NO SOLID FOODS. CLEAR LIQUIDS ONLY.

Be sure to drink plenty of clear liquids **with calories** on clear liquid diet days

### **APPROVED CLEAR LIQUIDS**

- **Sports drinks/Gatorade®/VitaminWater®** No red or purple
- **Fruit juice (no pulp)** Apple, white grape, white cranberry; No red or purple
- **Soda & carbonated beverages** No red or purple
- **Clear broth/bouillon** Chicken, vegetable, beef flavors
- **Gelatin/Jell-O®** No red or purple
- **Ice pop/Popsicles®** No red or purple
- **Gummy bears** No red or purple
- **Black coffee & tea** No liquid or powdered creamer/milk (dairy/soy/nut/oat); Sugar/sweeteners OK
- **Water** Plain, flavored, carbonated, No red or purple

### **IF YOU ARE DIABETIC, AIM FOR 45 GRAMS OF CARBOHYDRATES PER MEAL AND 15-30 GRAMS PER SNACK**

#### **Clear liquids with about 15 grams of carbohydrates**

- 4oz apple juice, 8oz sports drink, ½ cup gelatin, 2 popsicles/ice pops

#### **Clear liquids with zero carbohydrates**

- Black coffee, tea (unsweetened or diet), clear diet soda, seltzer, flavored water, fat-free broth, bouillon or consommé.