

**Gastroenterology Group, Inc.**  
570 White Pond Drive, Suite 200  
Akron, OH 44320  
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### **Preparation Instructions:**

**WIRELESS CAPSULE ENDOSCOPY** has been recommended for you. This examination involves swallowing a capsule or “pill-camera” that will take approximately 50,000 pictures of your intestinal tract. Most patients pass the capsule into the stool within 1-2 days after swallowing it. This is the best test to completely examine the entire small intestine and determine if any condition or disease may be present.

The capsule endoscopy procedure will last approximately 8-9 hours. Contact our office immediately if you have abdominal pain, nausea or vomiting.

**Instructions: You need to purchase: Miralax 119gm bottle and Gas-X (simethicone) 80mg.**

Your exam is scheduled at: \_\_\_\_\_

- Stop iron supplements 5 days before procedure.
- Please wear a light weight **cotton** shirt. The sensor belt should be tight at your waist.
- Start a clear liquid diet starting at 12 PM the day BEFORE swallowing the capsule.
- Mix Miralax 119 gm with a one liter bottle of clear liquid (Gatorade, lemonade, or other)
- Start drinking the Miralax mixture at 5pm and drink 8 oz every 20 minutes until finished
- STOP drinking fluids 12 hours BEFORE swallowing the capsule
- You may take necessary medications with a sip of water up to 2 hours BEFORE swallowing the capsule and 2 hours AFTER swallowing the capsule.
- You may resume a clear liquid diet 4 hours AFTER swallowing the capsule.
- You may resume a regular diet upon turning in the recorder device 8 hours AFTER swallowing the capsule.

#### **Medications:**

You may take necessary medications with a sip of water up to 2 hours BEFORE swallowing the capsule and 2 hours AFTER.

**Insulin-** Take ½ your usual dose on the day(s) of clear liquids and your exam day.

**Oral Diabetic medications including Diabeta, Glucophage** –Do not take while on clear liquids.

Your physician may modify the above recommendations, if needed.

If you have any questions regarding your instructions or your exam, please call our office at **330-869-0954**.