



Wilmington Gastroenterology Associates



Capsule Endoscopy Patient Prep Instructions CapsoCam Plus

NOTE: If taking an oral iron supplement, please stop this 4 full days prior to the test.

Day Before Procedure:

- Breakfast followed by a light lunch (no later than 12 noon), then begin clear liquid diet for the remainder of the day/night before the procedure (nothing red/purple/blue/orange to drink).
- Mix (1) one 119-gram bottle of MiraLAX with 32 oz. of Gatorade (no red/purple/blue/orange) at 7:00pm and drink all contents.
- At 9:30 pm, take .6mL of Mylicon (simethicone) drops with water.
- Nothing to drink after 10pm (small sips of water with medications if necessary).

Day of Procedure:

- Hold medications until 2 hours after ingestion of capsule and then take small sips of water with medications.
- Two (2) hours prior to appointment, mix 17-grams (1 capful) of MiraLAX with full glass of water or Gatorade (no red/purple/blue/orange)
- Arrive at office _____ am/pm on _____.
- Resume clear liquids 2 hours after ingesting capsule: _____ am/pm.
- At _____ which is four (4) hours after capsule ingestion, mix and drink 17-grams (1 capful) of MiraLAX with full glass of water or Gatorade (no red/purple/blue/orange).
- Enjoy a light lunch - AFTER your last MiraLAX (4 hours after capsule ingestion).

Important Patient Information:

- Strictly following these instructions, the capsule will typically take 8-48 hours to pass the capsule providing regular bowel movements. If you haven't passed the capsule at 72 hrs. after capsule ingestion, contact your physician.
- Please adhere to the instructions for capsule and return; please drop off at local Fed-Ex location about 24 hours after retrieval.
- Visit <http://www.capsovision.com/products/capsoretrieve> to watch the retrieval video instructions if desired. You can also find a link to the video at wilmingtongi.com -> Patient Information -> Procedure Preparation
- **To avoid a repeat of this study, please adhere to your retrieval instructions until capsule is retrieved. Continue to use the strainer provided until retrieval.**

Returning the Capsule: Please return about 24 hours after retrieval

You have been provided a Pre-Labeled Fed-Ex envelope in your take home kit, please place the vial with the capsule enclosed into the Fed-Ex envelope, seal and drop it off at any fed-ex drop box or physical Fed-Ex location.



Patients should not expect results until 3-4 weeks after the capsule has been returned

Please call our office if you have any questions at 910-362-1011 option 6

Purchase the Following Items for Capsocam:

Miralax or generic equivalent – 238 gm bottle (14 doses)
You will have some Miralax remaining

32 Ounces of Gatorade - no red/purple/blue/orange

Simethicone drops (Mylicon drops) – Small 1 ounce bottle is most cost effective