



## **CAPSULE ENDOSCOPY INSTRUCTIONS**

Please read these instructions once you receive them. **Do not wait until the night before the procedure to review these instructions.**

**Your procedure is scheduled at the following facility**

**Granite State Gastroenterology  
6 Tsienneto Road, Suite 301  
Derry, NH 03038  
(603) 432-8802**

Procedure Day: \_\_\_\_\_ Arrival Time: \_\_\_\_\_

## **Cancellation/No-show/Reschedule Policy**

Granite State Gastroenterology reserves the right to charge a \$100 fee for any no-show, cancellation, or reschedule made within 3 business days of the scheduled procedure time.

If you need to reschedule your procedure, please make every effort to do this early so we can give your slot to another patient.

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### **At least 1 week prior to the procedure:**

- 1. Obtain medicines needed for bowel preparation** either over the counter or at our office
  - One (1) bottle (238 grams) of MiraLAX (polyethylene glycol 3350)
  - Two (2) 80 mg tablets of simethicone or one (1) 250 mg tablet of Phazyme
  - Thirty-two (32) ounces of Gatorade to mix with MiraLAX (No red or purple)
- 2. If you have an Automatic Implanted Cardiac Defibrillator (AICD) or pacemaker** provide us with a copy of your information card and the name of your cardiologist.
- 3. Stop taking iron pills or vitamins that contain iron.**
- 4. If you may need an MRI around the time of your capsule endoscopy you must let us know.**

## **One day prior to the procedure:**

1. You may have a small low-fat breakfast and a small low-fat lunch.
2. Beginning at 1PM you may drink clear liquids only. Do not eat any more solid food. Do not consume dairy.

Clear liquids include water, lemonade, coffee/tea (no cream or milk), beef/chicken broth, clear fruit juices, Gatorade, clear soft-drinks, seltzer, lemonade, popsicles, Kool-Aid. Avoid red or purple.

3. Mix ½ of the MiraLAX 8.3-ounce (238 gram) bottle in one 32-ounce Gatorade bottle until dissolved. You may wish to refrigerate the solution for a couple hours prior to drinking. Drink the entire 32-ounce solution and take your Phazyme/simethicone between 6:00 and 8:00 PM.

The other ½ of the MiraLAX 8.3-ounce (238 gram) bottle is not needed for your capsule endoscopy.

4. You may continue to have clear liquids until midnight. Do not eat or drink after midnight.

## **The day of the procedure:**

1. Take your regularly scheduled morning medications (if any) with a small sip of water. Do not eat or drink anything else prior to your procedure.
2. Arrive at the procedure location between 8:00 and 8:15 AM. If you have an AICD or pacemaker, bring your information card with you.
3. Do not touch the recording device during your procedure. Keep the device on for the entire procedure.
4. You may have clear liquids (no red, no purple) 2 hours after you swallow the capsule.
5. You may have a light lunch 4 hours after you swallow the capsule.
6. Return the recorder and sensor belt to the procedure site 8 hours after swallowing the capsule. If you underwent a 12-hour capsule study return the recorder and sensor belt the following day.

## **After the procedure:**

1. You may resume your normal activities and diet after returning the recorder and sensor belt.
2. Check your stool over the next 7 days to look for the capsule. It is disposable and should be flushed with the stool if you see it.
3. If you do not see the capsule in your stool within 7 days, call 603-432-8802 and let us know that you have not seen the capsule. You may need an X-ray to make the sure the capsule has passed out of your body.
4. You **MUST NOT** undergo an MRI or be near an MRI machine until the capsule has left your body. If you need to have an MRI around this time, please call 603-432-8802.