

CAPSULE ENDOSCOPY INSTRUCTIONS



Date & Location

You should have received the date of your capsule endoscopy from our practice by phone, through the portal, and/or email and text messaging. If you do not know your procedure date please contact our practice.

Your procedure is scheduled at the following facility:

Bedford Gastroenterology
9 Washington Place, Suite 201,
Bedford, NH 03110

Please arrive between 8:00 and 8:15 am the day of your scheduled appointment.



Shopping List

Our practice can provide a kit containing all medications needed for your capsule endoscopy for \$15 or you can purchase them over the counter:

- One (1) 238-gram (8.3 oz) bottle of MiraLAX (or generic named polyethylene glycol 3350)
- Two (2) 80 milligram tablets of simethicone or one (1) 250 milligram tablets of Phazyme
- Sixty-four (64) ounces of clear liquid which may include: Gatorade, Pedialyte, water, lemonade, clear fruit juices, clear (no coloring) soft drinks, seltzer water (please avoid red or purple-colored beverages)

On Page 2 is a checklist to walk you through your prep which starts 7 days before your procedure date. You can find details regarding clear liquids on our website at <https://bedfordgastroenterology.com/colonoscopy-prep-faq/>

Please feel free to call us with any questions you may have about these instructions

Calendar for Capsule Endoscopy Preparation

7 Days or More Before Procedure	1 Day Before Procedure	Day of Procedure
<ul style="list-style-type: none"> ❑ Make sure you've completed your shopping list. ❑ Contact your insurance company with benefit questions. ❑ If you take iron supplements, stop taking them 7 days before your procedure. ❑ If you take insulin, ask your prescribing physician (primary care or endocrinologist) for instructions on how much insulin to take 1 day before and on the day of the procedure. ❑ 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. ❑ If you may need an MRI around the time of your capsule endoscopy you must let us know. 	<ul style="list-style-type: none"> ❑ You may have a small low-fat breakfast and a small low-fat lunch. ❑ Beginning at 1PM you may drink clear liquids only. Do not eat any more solid food. Do not consume dairy. ❑ Examples of clear liquids can be found on our website as indicated on page 1. Avoid anything red or purple. ❑ Mix the entire 8.3 oz bottle of MiraLAX with 64 oz of clear liquid. ❑ <u>Between 6:00 PM and 8:00 PM.</u> Drink half of the 64-ounce mixture slowly by consuming 8 ounces every 15-20 minutes. If you develop nausea, drink more slowly and try walking as you drink. ❑ The remaining mixture is not needed. ❑ Take <u>either</u> two 80 mg simethicone tablets <u>or</u> one 250 mg Phazyme tablet. ❑ You may continue to have clear liquids until midnight. Do not eat or drink after midnight. 	<ul style="list-style-type: none"> ❑ 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. ❑ <u>Arrive at the procedure location between 8:00 AM and 8:15 AM.</u> ❑ If you have an AICD or pacemaker, bring your information card with you. ❑ Do not touch the recording device during your procedure. Keep the device on for the entire procedure. ❑ You may have clear liquids (no red, no purple) 2 hours after you swallow the capsule. ❑ You may have a light lunch 4 hours after you swallow the capsule. ❑ Return the recorder and sensor belt to the office between 4:30 PM and 4:45 PM. Please note the office closes at 5:00 PM. <p>After the procedure:</p> <ul style="list-style-type: none"> ❑ You may resume your normal activities and diet after returning the recorder and sensor belt. ❑ 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. ❑ 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. ❑ <u>You MUST NOT undergo an MRI or be near an MRI machine until the capsule has left your body.</u> If you need to have an MRI around this time, please call 603-432-8802