

Gastroenterology

Capsule Endoscopy of Small Bowel with Sensor Belt

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To ensure best results for your capsule endoscopy of the small bowel, follow your instructions carefully and completely.

Purchase at the Pharmacy: (One) 1 bottle of Miralax (119 grams)

Before the Procedure

Start a clear liquid diet at 12:00 PM the day prior to your capsule endoscopy

At 8:00 P.M. the day prior to your capsule endoscopy begin drinking the Miralax Prep:

Mix one capful of Miralax powder with an 8-ounce glass of water or Gatorade. Drink a glass of Miralax prep mixture every 10-20 minutes until four (4) glasses have been consumed. Consume 4 doses of Miralax starting at 8:00 PM the day prior to your capsule endoscopy.

DO NOT eat or drink (except for necessary medications with a sip of water) 10 hours before your capsule endoscopy.

Do not take any medications 2 hours before your capsule endoscopy.

Wear upper garment of thin, natural fiber such as a t- shirt that is long enough to reach at least hip level and will not ride up above the belt.

During the Procedure

Contact your doctor immediately if you suffer from any abdominal pain, nausea or vomiting during the procedure.

Make sure the sensor belt is tight at the waist. Do not attach anything to it.

Check the recorder every 15 minutes to be sure it is blinking blue twice per second. If it stops blinking or changes color, note the time and contact the office immediately at **(941) 262-0400**.

AVOID STRONG ELECTRONIC MAGNETIS FIELDS SUCH AS MRI DEVICES OR HAM RADIOS AFTER SWALLOWING THE CAPSULE AND UNTIL YOUR DOCTOR HAS CONTACTED YOU WITH RESULTS OF THE STUDY.

Do not disconnect the equipment or completely remove the sensor belt at any time during the procedure.

Treat the recorder carefully. Avoid sudden movements and banging of the recorder.

Diet during Procedure

TIME	EVENT
7:45 AM	Capsule Ingestion
10:00 AM	You may drink clear liquids and take important medications
12:00 PM	You may eat a light snack (½ sandwich size)
3:45 PM	Test complete, return to normal diet

Clear Liquid Diet:

- Water (plain, carbonated, or flavored)
- Fruit juices without pulp, such as apple or white grape juice
- Fruit-flavored beverages, such as fruit punch or lemonade
- Carbonated drinks, including dark sodas (cola and root beer)
- Gelatin
- Tea or coffee without milk or cream
- Strained tomato or vegetable juice
- Sports drinks
- Clear, fat-free broth (bouillon or consommé)
- Honey or sugar
- Hard candy, such as lemon drops or peppermint rounds
- Ice pops without milk, bits of fruit, seeds, or nuts

After Completing the Procedure

Return to our office (3rd floor) at the following scheduled time to have the equipment removed

4:00 PM

If you are instructed to remove the equipment at the end of the capsule endoscopy procedure, do the following.

- Remove the sensor belt /recorder and keep in a safe place.
- Return all the equipment to our office (3rd floor) as soon as possible. Handle the recorder and other equipment carefully without exposing them to shock, vibration or direct sunlight.