

Small Bowel Capsule Endoscopy

Prep Instructions (SMH Main)

To ensure the 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)
- **Medication Instructions:**
 - Carafate (sucralfate) must be held 24 hours prior to the procedure time.
 - Iron (ferrous sulfate) must be held 72 hours prior to the procedure time.
 - Do not take any medications 2 hours prior to the procedure time.

General Considerations:

- 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 sensor belt.

Procedure Preparation Instructions

- **The day prior to your procedure, at 12:00PM:**
 - Begin a clear liquid diet.
- **The evening before your procedure, at 8:00PM:**
 - Mix one (1) 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 you have consumed four (4) doses of MiraLAX.
- Consume nothing further by mouth except a sip of water for necessary medications 10 hours prior to your procedure time.



Small Bowel Capsule Endoscopy

Prep Instructions (SMH Main)

• **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 the indicator light is blinking blue (this should happen twice per second). If it has stopped blinking, changes color or the recorder begins to make sounds, note the time, and contact the office immediately at, 941-262-0400.
- Avoid strong electronic magnetic fields such as MRI devices or HAM radios after you have consumed the capsule and until your physician has contacted you with the results of your study.
- During the procedure, do not disconnect the equipment or completely remove the sensor belt at any time if not instructed to do so.
- Treat the recorder carefully. Avoid sudden movements or banging of the recorder.

| TIME | EVENT |
|------|--|
| | Capsule Ingestion |
| | You may drink clear liquids and take important medications |
| | You may eat a light snack (½ sandwich size) |
| | 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 or 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

Small Bowel Capsule Endoscopy Prep Instructions (SMH Main)

- **After Completing Procedure:**
- **The day of your procedure, at 4:00PM:**
 - Return equipment to Sarasota Memorial Hospital Main Campus Endoscopy Center located at:
**1700 South Tamiami Trail
Sarasota, Florida 34239**
The Endoscopy department is located via the B Elevator, on the 2nd floor.
- If you are instructed by a member of the clinical staff to remove the equipment at the end of the capsule endoscopy procedure:
 - Remove the sensor belt and recorder with care and keep in a safe place.
 - As soon as possible, return the equipment to the Sarasota Memorial Hospital Main Campus Endoscopy Center.
 - Handle the recorder and sensor belt with care and do not expose them to shock, vibration or direct sunlight.

