



Capsule Endoscopy Preparation

Purchase the Following Products:

1. **Mylicon (simethicone) drops** (smallest bottle possible)
2. **MiraLAX or generic Polyethylene glycol, 238 gram/8.3 oz bottle** (to be mixed in the clear liquid choice below prior to drinking)
3. **Gatorade 48 ounces (NOTHING RED OR PURPLE)** - *Sugar-free drinks (G2, PowerAde Zero, Propel or water) are also options.*

Please thoroughly read and follow all instructions.

The Day BEFORE Your Exam:

- Eat a normal breakfast. A light lunch should be consumed by 12:30pm. No solid food after this meal.
- Drink at least 8 glasses (64 oz) of CLEAR liquids throughout the day and evening. **Clear liquids include:** Water, sports drinks, black coffee, tea, any soda (light or dark), broth, Jell-O, popsicles, and juice without pulp. **NOTHING RED OR PURPLE.**
- **7:00 PM** Mix 7 capfuls of MiraLAX (119 grams) with 32 oz of Gatorade or water. Drink entire amount slowly over the course of an hour or two.
- **9:30 PM** take 0.6 ml of Mylicon® drops with 8 oz of water to reduce gas bubbles in the GI tract.
- **10:00pm** stop any further liquids. Small sips of water to take medication is allowed.

The Day of Your Exam:

- **DO NOT take regular medications.**
- **Two (2) hours before your appointment time**, mix 1 capful (17 grams) of MiraLAX with 8 oz of water or Gatorade. Drink entire amount.
- **Bring your bottle of Mylicon to your appointment.** Arrive promptly. You will drink 0.6 ml of Mylicon drops mixed in 8 oz. of water as you ingest the capsule.
- Four (4) Hours after ingesting the capsule, mix 1 capful (17 grams) of MiraLAX with 8 oz of water or Gatorade. Drink entire amount.
- Enjoy a light lunch when you are ready. Document your lunch.
- Eat normally for dinner. No further diet restrictions are necessary.

Important Things to Know

- **Stop oral iron supplements** four (4) days prior to your test.
- **Do Not take your regularly prescribed medications** until two (2) hours after ingestion of the capsule.
- **Follow all instructions carefully** to avoid a repeat test.
- **Bring your bottle of Mylicon to your appointment**

Capsule Retrieval

- **Watch capsule retrieval instructions** at: <https://bit.ly/CapsoRetr>
- The capsule will typically take 8-48 hours to pass. **If you haven't passed the capsule at 72 hours** after capsule ingestion, contact your physician.

Suggestions for First Meal After Capsule Ingestion — Stay Under 500 Calories

- Salad w/light dressing
- Toast w/butter or plain bagel
- Hard-boiled egg or omelet
- Yogurt and fruit
- Oatmeal
- Applesauce
- Pudding or Cottage Cheese
- Soup and broth
- Cooked vegetable
- Small cup of white rice
- Protein bar

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If you have any questions or concerns,
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