



A Member of Henry Ford Macomb Hospitals

Capsule Endoscopy Instructions

The hospital will call the day before your procedure with the scheduled time. The procedure will take place outpatient at Henry Ford Macomb Hospital, 15855 19 Mile Road, Clinton Township MI 48038 (Drive to the North Entrance)

If you have any questions or concerns prior to the procedure, need to cancel or reschedule the procedure, please feel free to contact the office anytime and ask for Amber. The phone number is (586) 649-9009 ext. 708, or by Fax (586) 690-8632.

**IMPORTANT: Please keep this information in a safe place
Until the week of your scheduled procedure**

**PLEASE FOLLOW THE INSTRUCTIONS CAREFULLY
TO AVOID A POTENTIAL REPEAT PROCEDURE.**

If you need to have a MRI (Magnetic Resonance Imaging) around the time of your scheduled capsule procedure, please call (586) 649-9009 to RESCHEDULE YOUR PROCEDURE. You should NOT be near a MRI after swallowing the capsule and until the time it is passed.

7 DAYS BEFORE THE PROCEDURE

- Obtain your over-the-counter prep, which includes
 - 1 bottle of MiraLax (238 grams)
 - 1 32 ounce bottle of Gatorade, any flavor except reds or blues in color.
- Regarding Insulin or Diabetic Medication: Call the prescribing doctor of the medication and the doctor who monitors patient's blood sugar levels. Medication may need to be adjusted due to the diet restrictions for the procedure.
- If you have an Automatic Implanted Cardiac Defibrillator (AICD), or Pacemaker, get your information card from your doctor. **YOU WILL NEED TO BRING IT WITH YOU ON THE DAY OF THE PROCEDURE.**
- Stop taking any medications that may cause diarrhea, which can include Pepto Bismol, Imodium, or Kaopectate.
- Avoid/Stop taking any fiber supplements, which can include Peridem, Citrucel or Metamucil.
- Avoid/Stop taking iron supplements or any multivitamin that contains iron.

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THE DAY BEFORE YOUR CAPSULE PROCEDURE

- You may have a small, low fat breakfast and a small, low fat lunch.
- Starting at 1:00pm, you can only drink clear liquids. Do not eat any more solid foods the rest of the day.
- Mix ½ of the MiraLax, 8.3 ounce (238 gram) bottle in one 32 ounce Gatorade bottle until dissolved.
- After mixing, place the solution in the refrigerator for a couple of hours before drinking.
- Do NOT add ice, sugar or other flavorings to the solution.
- **Between 6pm-8pm THE NIGHT BEFORE YOUR EXAM:** Start drinking the Gatorade/MiraLax solution until the bottle is gone.
- You can continue to drink clear liquids up until midnight. Do NOT have anything to eat or drink after midnight.

A clear liquid diet means that you can only eat and drink the following:

- Water
- Lemonade
- Clear beef broth and/or clear chicken broth
- Clear fruit juices (apple, white, cranberry, or white grape)
- Coffee or Tea (cold or hot) sweetener only. No creamer or milk.
- Clear carbonated beverages such as Ginger Ale or Lemon-Lime soda
- Gatorade or other sports drinks (no reds or purples)
- Kool-Aid or other flavored drinks (no reds or purples)
- Yellow popsicles made with water
- You may eat yellow Jell-O (no other colors) Stop eating the Jell-O once you start the bowel prep
- Do NOT drink any alcohol on the day before the procedure or the day of the procedure.

THE DAY OF YOUR PROCEDURE

- Take all medications ordered by your doctors, other than medication mentioned above. On the day of your procedure, take your medications with a sip of water.
- Henry Ford Macomb Hospital will inform you when to arrive on your scheduled date to have the procedure.
- If you have an Automatic Implanted Cardiac Defibrillator (AICD), or Pacemaker, bring your information card with you.
- Bring a list of all your prescribed and over the counter medications with you.
- **PLEASE DO NOT BRING ANY VALUABLES WITH YOU ON THE DAY OF YOUR PROCEDURE.**

AFTER YOUR PROCEDURE

- Avoid touching the recording device and keep the device on at all times during the test.
- After swallowing the capsule, do NOT eat or drink anything for 2 hours.
- After 2 hours have passed, you can have a clear liquid diet. Avoid red and purple colored liquids.
- After 4 hours have passed, you can have a light lunch
- After 8 hours have passed, return to Henry Ford Macomb Hospital to return the recorder and the sensor belt.

AFTER YOU RETURN THE RECORDER AND BELT

- You can resume normal activities and return to a normal diet.
- 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. You do NOT need to save the capsule.
- If you do NOT see the capsule in your stool after 7 days, call our office at (586) 649-9009 to let them know that the capsule hasn't been seen. You may need to have an abdominal X-ray to make sure the capsule is no longer in your intestinal tract.