

DIGESTIVE CARE CENTER

500 Doyle Park Drive, Suite 205

Santa Rosa, CA 95405

Tel: (707) 303-8350

Fax: (707) 303-2694

Joshua Beirne, MD
R. Logan Faust, MD
Brian Hanson, MD
Thomas Morales, MD
Dane Shoemaker, NP-C

PREPARING FOR YOUR CAPSULE ENDOSCOPY (MiraLAX Prep)

Arrival Date: _____ Arrival Time: _____ A.M.
 P.M. Procedure Time: _____ A.M.
 P.M.

As Soon As Possible:

- Plan to take the day of the procedure off from work.
- Make a note on your calendar so that you remember to review these instructions a week or two before your appointment! You will be able to drive yourself to and from the appointment, if needed.

7 Days Before the Exam:

- Purchase the ingredients you will need for the test from your local pharmacy:
 - One 8.3-ounce (238 gram) bottle of MiraLAX (You will use half of this)
 - One 32-ounce bottle of Gatorade or other sports drink (not red or purple in color)
 - Four extra strength (125mg) Simethicone chews or soft gel form
- Make sure you have returned any paperwork such as your history and demographics forms to the office, not to the procedure facility.

5 Days Before the Exam:

- Stop taking medicines that slow the bowels** such as Imodium, Kaopectate or Pepto-Bismol.
- Stop taking iron pills** and multivitamins that contain iron. You may continue all of your other prescription medications (including blood thinners and aspirin).
- Stop eating very high fiber foods such as nuts, seeds, popcorn, quinoa, raw veggies, peanuts, corn, berries, and breads or crackers with visible seeds.

1 Day Before the Exam:

- Start this day by adding ½ of the MiraLAX 8.3-ounce bottle to the 32-ounce bottle of sports drink such as Gatorade. Shake well until dissolved and then refrigerate.
- You may have breakfast and lunch before 1 P.M. Try to avoid high fiber foods such as cereals in the morning. Eggs, noodles, mashed potatoes and soups are good choices.
- After 1 P.M., begin a liquid diet. Do not eat anything solid. Drink only liquids the rest of the day and evening. Examples of liquids include: coffee, tea, (both without any milk or milk products), Jell-O, popsicles, sports drinks (nothing red, orange or purple in any product), broth, white grape juice, white cranberry juice, apple juice, soda, vitamin waters (not colored). More liquids will result in a better preparation and keep you hydrated and feeling less hungry!

The only exception to clear liquids is that you may also drink Boost, Ensure or Odwalla beverages (white colored, such as vanilla, only) until 5 P.M. Use the sugar-free version if needed. **After 5 P.M. only clear liquids are allowed, no exceptions.** Clear liquids include:

- Water with or without bubbles
- Clear fruit juices without pulp (apple, white grape, lemonade)
- Coffee or tea (without milk or other creamers)
- Fat free broth such as vegetable broth
- Popsicles or Jell-O
- Clear sports drinks

If you are diabetic and taking insulin or using an insulin pump, use ½ your daily dosage today. If you are taking oral diabetic medications, take ½ the dosage you usually take. **Otherwise, take your regular medications.**

In the evening, around 6 P.M., start your laxative:

Step 1: Drink one glass every 10–15 minutes until you have **completed the entire container.**

Step 2: Take two of your simethicone as you reach the end of the laxative. The exact timing isn't critical and you can't really make a mistake as long as you take them.

Nausea, bloating, cramping and vomiting may occur but are uncommon and would be uncomfortable but not worrisome. If it does happen, take a break from drinking the prep for 30 minutes. Resume drinking until it is all finished, taking breaks as needed.

You will likely have a few bowel motions either this evening or in the morning. Don't worry if this does not happen. Everyone is different.

On the Day of Your Procedure:

- You may have sips of water with any of your prescription medications early this morning. Now is the time to take the remaining two simethicone chews. Apart from sips of water with your medications, **do not drink anything beginning 2 hours before the exam until you arrive at the office!**
- If you are diabetic,** you may again take about half of your usual daily diabetic medication as you will be able to drink liquids again 2 hours after the procedure starts.
- Wear loose comfortable clothing, a short-sleeved shirt (to make it easier to start an IV), and warm socks.

After Your Procedure:

- Do not eat or drink for two hours after swallowing the capsule. You may drive yourself home if you like.
- After 2 hours have passed, you can start a clear liquid diet, avoiding red and purple colored liquids.
- After 4 hours have passed you may have a light lunch.
- At the end of the day or the next morning (as instructed by the staff) return to the office to have the recorder and sensor belt removed.
- In the evening you may return to a normal diet.
- You can check your stool over the next several days to see when the capsule passes, but it is disposable and can be flushed. You do not need to save or retrieve the capsule!
- After swallowing the capsule and until the time that it passes you must not have an MRI examination** as the capsule contains metal.

Confirmation:

Our office will call you to confirm your appointment about a week before the procedure. **If we leave you a message you must call us back to complete the confirmation.** If we are unable to confirm at least 2 business days in advance we may change the date of your appointment. If your plans change and you need to change the date for any reason, please give us a notice at least a week in advance so that another patient may use the time. If you change your appointment or fail to appear for the appointment you may be charged a cancellation fee of \$150.00.

The facility where your appointment is scheduled may also call you about 2 days in advance to review the procedure and make certain that you are comfortable with the instructions. They will also confirm the time of the appointment and give you a feel for when you will be ready to leave afterwards.

Patient Financial Responsibility:

Please note, when appropriate, we will preauthorize your procedure. This means we have gained approval for your procedure from your insurance company; however, this is not a guarantee of payment.

It is your responsibility to contact your insurance company to find out your payment obligations. We can provide the appropriate procedure and diagnosis codes to assist you if needed. The charges that may be billed to your insurance company for your procedure include the physician's professional fee, the facility fee where the procedure is performed, and pathology fee or anesthesiologist's fee if applicable. You may contact us with any questions.