

Small Bowel Capsule Endoscopy Instructions

The following instructions will help you prepare for your small bowel capsule endoscopy. **Please read all instructions in this packet at least 1 week prior to your procedure.**

Date: _____ Procedure time: _____ Arrival time: _____
Location: Newton Wellesley Hospital at 2014 Washington St, Newton
Go to the GI office, located in the Green Building at Suite 368.

Transportation

- This procedure is done without sedation. As such, you do not need a ride home for this procedure.

Cancellation/No Show Policy for Procedures

- Scheduling time for procedures requires planning and coordination between the staff, doctors, and the hospital. Since the schedule is often carefully planned to avoid delays and having patients taken care of in a timely fashion, it is important that you adhere to the schedule as arranged. Should you need to reschedule or cancel, please do so at least 7 days prior to procedure.
- If you have your menstrual period, the exam will not be affected. However, if you have a fever, please call the office to reschedule.
- If a procedure is not cancelled **at least 7 days in advance**, you will be charged a one-hundred-dollar (**\$100**) fee. This fee is NOT covered by your insurance company.

Medication Concerns

- Stop taking **iron supplements** 5 days prior to procedure.
- You may take your morning medications with a sip of water.

Preparation Instructions

You will need the following:

- One bottle or 2 packets of Miralax
- Four 80-mg tablets of simethicone (Gas-X)

Evening before test (between 5–9 p.m.)

- Do not eat solids or drink thick liquids after 5 p.m.
- Begin a clear liquid diet. Clear liquids include water, fruit juices without pulp (apple or white grape juice), carbonated drinks (ginger ale, seltzer, sodas), gelatin, tea or coffee (without milk or cream), sports drinks, fat-free broth, bouillon, frozen juice popsicles.
- Avoid red or purple liquids.
- Take 1 capful or 1 packet (17 grams) of Miralax mixed with 8 oz of liquid at 5 p.m.
- Take 1 capful or 1 packet (17 grams) of Miralax mixed with 8 oz of liquid at 9 p.m.
- Do not eat or drink after midnight.

Morning of test

- Chew 4 tablets of simethicone (Gas-X) the morning of your test.
- You may take important medications at least 3 hours before your test with a sip of water or postpone until 4 hours after your test.

After your test

- You may have a clear liquid diet after **2 hours**.
- You may have a full liquid diet (coffee, orange juice, opaque drinks) and medications after **4 hours**.
- You may resume a regular diet after **8 hours**.