

<b>VIDEO CAPSULE ENDOSCOPY INSTRUCTIONS W/ MIRALAX</b>	
<b>PLEASE PURCHASE</b>	<ul style="list-style-type: none"> <li>• Over the counter at local pharmacy               <ul style="list-style-type: none"> <li>○ <b>Miralax 238 gram bottle</b></li> <li>○ <b>Gatorade - one 28 (or 32) oz bottle</b> (No Red, Purple or Orange Color)</li> <li>○ <b>Simethicone (Gas Ex)</b></li> </ul> </li> </ul>
<b>7 DAYS BEFORE</b>	<ul style="list-style-type: none"> <li>• <b>Stop fiber supplements and iron supplements, including multivitamins</b></li> </ul>
<b>1 DAY BEFORE</b>	<ul style="list-style-type: none"> <li>• <b>MORNING:</b> <ul style="list-style-type: none"> <li>○ <b>Eat a light breakfast <u>before 10 am</u> the day before the procedure.</b></li> <li>○ <b>After breakfast, consume only clear liquids</b> including iced/hot tea, black coffee, clear broth, apple or white grape juice, gingerale, jello, ice pops (no red, purple, or orange color liquids)</li> <li>○ <b>Do not smoke for 24 hours prior to the procedure</b></li> </ul> </li> <li>• <b>6PM:</b> <ul style="list-style-type: none"> <li>○ <b>Pour half of the Miralax bottle into the Gatorade bottle; shake until dissolved</b></li> <li>○ <b>Drink one 28 (or 32) oz bottle, a cup every 15 minutes until completed</b></li> </ul> </li> <li>• Bowel movements should begin 1-2 hours after starting the Miralax/Gatorade mix but the effect can be delayed by up to 4-6 hours               <ul style="list-style-type: none"> <li>○ <b>By the end of the cleanse you should be passing watery liquid which can have a green to brown tinge</b></li> </ul> </li> <li>• <b>AFTER 10PM: Do not eat or drink anything.</b> No candy or gum.</li> <li>• <b>PATIENTS WITH DIABETES:</b> <ul style="list-style-type: none"> <li>○ Consult with your prescribing doctor about medication adjustments the day before and the day of the procedure</li> </ul> </li> </ul>
<b>DAY OF PROCEDURE</b>	
<b>BEFORE COMING TO THE OFFICE</b>	<ul style="list-style-type: none"> <li>• <b>Do NOT eat or drink anything in the morning.</b></li> <li>• <b>Do NOT take your regular medications</b> <ul style="list-style-type: none"> <li>○ <u>Bring your medications to the test. You will be able to take your medications 4 hours after you swallow the video capsule.</u></li> </ul> </li> <li>• <b>Chew four Simethicone (Gas Ex) tablets before coming to the office.</b></li> <li>• <b>Wear a two-piece outfit with a loose fitting, cotton top that extends below the waist</b></li> </ul>

<p><b>ON OFFICE ARRIVAL</b></p>	<ul style="list-style-type: none"> <li>• <b>8AM: Arrive for check in and sign consent form</b> <ul style="list-style-type: none"> <li>○ A Sensor Belt will be placed around your waist and connected to small Data Recorder which you will wear over your shoulder</li> <li>○ You will swallow a capsule the size of a large vitamin with water</li> </ul> </li> </ul>
<p><b>AFTER SWALLOWING THE CAPSULE</b></p>	<ul style="list-style-type: none"> <li>• <b>DIET GUIDELINES:</b> <ul style="list-style-type: none"> <li>○ <b>Do not eat or drink for 2 hours after swallowing the capsule.</b></li> <li>○ <b>After 2 hours</b> you may <b>drink clear liquids.</b></li> <li>○ <b>After 4 hours</b> you may have a <b>light lunch</b> and <b>continue clears.</b></li> </ul> </li> </ul>
	<ul style="list-style-type: none"> <li>• <b>SPECIAL INSTRUCTIONS:</b> <ul style="list-style-type: none"> <li>○ <b>The Capsule endoscopy lasts approximately 8 hours.</b> You do not have to remain in the office during this time.</li> <li>○ <b>Do not disconnect the equipment or remove the belt at any time during this period.</b></li> <li>○ You must <b>stay away from</b> any source of powerful electromagnetic fields, such as <b>MRI or amateur (HAM) radio, until the capsule is passed in your stool.</b></li> <li>○ During the testing period, you will need to <b>confirm every 15 minutes that the small green/blue light on top of the recorder is blinking.</b> Contact the office immediately if the blinking stops</li> <li>○ <b>Return to the office 8 hours after swallowing the capsule</b> to have the equipment removed.</li> <li>○ <b>After the examination</b> is completed you may <b>return to your normal diet.</b></li> <li>○ The capsule will pass in your stool over the coming days; you do NOT need to retrieve the capsule.</li> </ul> </li> </ul>

**WHEN TO CONTACT THE OFFICE (212 427 8761)**

<ul style="list-style-type: none"> <li>• If you suffer from any abdominal pain, nausea or vomiting during or after the Capsule Endoscopy.</li> <li>• The Capsule light stops blinking blue during the exam or should you encounter other technical difficulties</li> </ul>
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