



BROWARD
— DIGESTIVE CARE —

Video Capsule Endoscopy Instructions

Patient Instructions

Preparation Before the Procedure:

1. **Five Days Before the Procedure:**

- Do **not** take iron tablets unless otherwise instructed.

2. **In Advance of Your Procedure:**

- Purchase the following items for your procedural prep:
 - 1 bottle of Miralax powder (119 grams) mixed with 32 ounces of a clear liquid.
 - 2 Dulcolax 5mg tablets.

The Day Before the Procedure:

1. Drink **only** clear liquids for breakfast, lunch, and dinner. **Do not** eat any solid food the day before the procedure (refer to the list of acceptable clear liquids below).
2. At 6:00 PM, drink 1 bottle of Miralax (119 grams mixed in 32 ounces of liquid).
3. Continue drinking clear liquids throughout the evening.
4. At 8:00 PM, take the 2 Dulcolax 5mg tablets with 8 ounces of water.
5. Drink as much water as possible until bedtime. **Do not** eat or drink anything after midnight.

The Day of the Procedure:

1. **Morning of the Procedure:**

- Do **not** eat or drink anything, and do **not** take any morning medications.
- Male patients with waist sizes larger than 50 inches should shave the abdomen (stomach) 6 inches above and below the belly button.
- **Do not** apply any lotions or creams to your abdomen.
- Wear a 100% cotton white undershirt under loose-fitting, 2-piece clothing.
- **Do not** take any medication before arriving at the doctor's office.



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2. At the Doctor's Office:

- Sensors and a data recorder will be attached to your body. **Do not** disconnect any of the equipment during the 8-hour test.
- After swallowing the capsule and throughout the 8-hour test, check the blue light on the data recorder attached to your waist every 15 minutes. Ensure the light blinks at a rate of 2 per second. If it stops blinking or turns red, record the time and contact the office.

3. During the Procedure:

- It is important to stay active; walk around throughout the day, especially during the first 2 hours after swallowing the capsule. **Avoid** strenuous physical activity, especially if it involves sweating. **Do not** bend over or stoop during the 8-hour test.
- **For the First 2 Hours:** Do **not** eat or drink anything.
- **After 2 Hours:** You can take your morning medications and begin drinking clear liquids (avoid anything red or purple).
- **After 4 Hours:** You can have a light lunch, but **do not** eat anything red or purple.
- Return to the doctor's office 8 hours after swallowing the capsule.
- Upon leaving the doctor's office, you can resume your normal diet.

Important Things to Know:

1. **Avoid MRI Machines:** Do **not** go near an MRI machine during the procedure or have an MRI for 2 weeks after the procedure.
2. **Passing the Capsule:** The capsule will pass in your bowel movement, typically within a day or so. If you do not see the capsule pass within 5 days, contact your healthcare provider.
3. **Contact Your Healthcare Provider:** Immediately reach out if you experience abdominal pain, bloating, nausea, or vomiting after the procedure before passing the capsule.

Acceptable Clear Liquids:

- Water
- Tea or plain coffee (**no** milk or cream products)
- Clear juices, such as apple or white grape juice (**no** purple grape juice)



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- Lemonade from a powdered mix
- Fruit-flavored drinks, such as Kool-Aid, Crystal Light, etc.
- Carbonated beverages/soda (**no** red or purple drinks)
- Sports drinks, such as Gatorade, All-Sport, PowerAde, etc. (**no** red or purple drinks)
- Fat-free broth/bouillon/consommé
- Fruit juices/Italian ices (**no** red or purple ices)
- Sorbet (**no** red or purple flavors)
- Popsicles (**no** milk or added fruit pieces, **no** red or purple flavors)
- Commercially-available clear liquid nutritional supplements, such as Enlive (apple and peach **only**), Resource Breeze (orange and peach **only**), or Carnation Instant Breakfast Juice Drink (**no** regular Carnation Instant Breakfast)
- Honey or sugar
- Hard candy (**no** red or purple candies)
- **Limit:** No more than 3 cans of fiber-free Ensure or Boost the day prior to your test



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