

Capsule Endoscopy Miralax Preparation Instructions

Check in:

- 7:45-8:00AM with our front office staff
- If you arrive later than 8:00 am, we will be unable to proceed with the Capsule Endoscopy.

About Capsule Endoscopy:

A Capsule Endoscopy is a procedure in which a small wireless camera inside a vitamin-sized capsule is swallowed and takes thousands of pictures of your gastrointestinal tract. The pictures are then transmitted and saved to a recorder on a belt that is around your waist.

Key Information:

- **DO NOT EAT** any solid food the **ENTIRE DAY** before your test. Drink only clear fluids.
- Bring your photo ID, insurance card, co-pay/co-insurance/deductible with you to your test.

What to bring and do prior to your test:

- You should plan on being at our facility for at least 10 minutes.
- Read prep instructions THOROUGHLY.

Weight Loss/Diabetes Medications:

- **GLP-1 Agonists (Injectable):** including Mounjaro (tirzepatide), Zepbound (tirzepatide), Trulicity (dulaglutide), Victoza, Saxenda (liraglutide), Adlyxin (lixisenatide), Ozempic (semaglutide), Wegovy (semaglutide), Bydureon BCise (exenatide), Byetta (exenatide), Stop the injectable medication one week prior to your test.
- **GLP-1 Agonists (Oral):** including Rybelsus (semaglutide tablet), Stop 24 hours prior to your test.

If you have diabetes, follow these instructions:

- **Long-Acting Insulins** (ex. Lantus, Basaglar, Semglee, Toujeo, Insulin Glargine): Decrease basal rate by $\frac{1}{2}$ the day before and the day of your test.
- **Rapid-Acting and Regular Short-Acting Insulin** (ex. Lispro, Humalog, Admelog, Regular Insulin): If your blood sugar is high and you need to take a correction, take $\frac{1}{2}$ or 50% of your usual correction. This applies to the day before and the day of your test.
- **Insulin Pump:** Decrease basal rate by $\frac{1}{2}$ the day before and the day of your test. Do not administer bolus doses.
- **SGLT2 Inhibitors:** including Jardiance (empagliflozin), Brenzavvy (bexagliflozin), Glyxambi (empagliflozin/linagliptin), Invokamet (canagliflozin/metformin), Invokana (canagliflozin), Qtern (dapagliflozin/saxagliptin), Segluromet (ertugliflozin/metformin), Steglatro (ertugliflozin), Steglujan (ertugliflozin/sitagliptin), Synjardy (empagliflozin/metformin), Inpefa (sotagliflozin), Trijardy (empagliflozin/linagliptin/metformin), Xigduo (dapagliflozin/metformin), Farxiga (dapagliflozin), Stop these medications four days prior to your procedure.
- **Other Diabetic Oral & Injectable Medications:** including Glucophage (metformin), Glucotrol/Glynase Pres Tab/Micronase (glipizide), Amaryl (glimepiride), DiaBeta (glyburide), Tradjenta (linagliptin), Januvia (sitagliptin), Nesina (alogliptin), Onglyza (saxagliptin), Zituvio (sitagliptin), Actos (pioglitazone), Avandia (rosiglitazone) or any combination of these medications, Stop these medications the day before your test.
- **Check your blood sugar at same intervals as usual, and additionally, if needed:** If your blood sugar is less than 60, please take glucose tablets at any time before your procedure with a sip of water.

Checklist to Ensure Proper Preparation

To ensure the proper completion of your test, we strongly suggest that you **PRINT OUT** this document and check off each of the instructions as you complete them.

GROCERY STORE LIST: Purchase the items below at least five days before your test:

- 1** – 8.3 oz bottle of MiraLAX (119 grams) or generic equivalent. (You will only use half of bottle)
- 1** – 28 oz or 32 oz bottles of Gatorade (NOT Red or Purple). Patients with diabetes should use Gatorade G2 (low sugar version-not red or purple). See clear liquid list below.
- 4** – Gas-X tablets (simethicone).
- 1** – Easily measurable 8-ounce glass/cup: You will be drinking multiple quantities of 8 oz liquids.

5 days before your test:

- Make sure you have purchased your bowel preparation items!** (listed above!)
- DO NOT** take medications that stop diarrhea such as Imodium (loperamide), Pepto-Bismol (bismuth subsalicylate) or Lomotil (diphenoxylate/atropine).
- DO NOT** take fiber supplements such as Metamucil, Citrucel, Psyllium or Benefiber.
- DO NOT** take products that contain iron such as multi-vitamins or iron supplements.

3 days before your test:

- Discontinue high-fiber foods** – Please see Low Fiber Diet tips attached.

Checklist: The Day Before Your Test

- If you have **diabetes**, please see diabetes instructions above.
- Only drink clear liquids the **ENTIRE DAY** before your procedure. **NO solid foods.**
- Drink at least 8-ounces of **clear liquids EVERY HOUR** after waking up.

The charts below will show you examples of what you can and cannot drink:

CLEAR LIQUIDS - YOU CAN DRINK:

Gatorade, Pedialyte, Powerade, Kool-Aid
Gatorade G2, Propel, Crystal Light
Popsicles
Jell-o, Juice without Pulp (i.e. Apple Juice)
Black Coffee
Tea, Water
Clear Sodas (i.e. Sprite, Ginger Ale)
Sparkling water

DO NOT DRINK:

NO Red or purple liquids
NO Milk or non-dairy creamers
NO Alcohol
NO Broth or soup
NO Juice with Pulp (i.e. pineapple juice)
NO Liquid you cannot see through
NO Apple Sauce
NO Smoothies

3:00 pm – the afternoon before your procedure, prepare the MiraLAX bowel preparation solution:

- Mix ½ of MiraLAX bottle (4.2 oz) into the 28 oz or 32 oz Gatorade bottle, until dissolved.
You may have to drink a little or pour some of the Gatorade out, to make room for the MiraLAX.
Keep Gatorade bottle cool in the refrigerator. **DO NOT** add ice.
- Take two tablets of simethicone/Gas X.

4:00 pm - the afternoon before your procedure:

- 4:00 pm:** Drink 8-ounces of the MiraLAX Gatorade bottle.
- 4:20 pm:** Drink 8-ounces of the MiraLAX Gatorade bottle.
- 4:40 pm:** Drink 8-ounces of the MiraLAX Gatorade bottle.
- 5:00 pm:** Drink the rest of the MiraLAX Gatorade bottle.
- 5:20 pm:** Drink an 8-ounce glass of clear liquid (see chart above).
- 5:40 pm:** Drink an 8-ounce glass of clear liquid.
- 6:00 pm:** Drink an 8-ounce glass of clear liquid.
- 9:00 pm:** Take two additional simethicone tablets.
- Set your alarm!**

10:00 pm – the night before your procedure check-in time

- Discontinue** mints, gum, hard candy, and chewing tobacco.
- STOP DRINKING ALL LIQUIDS!**

Checklist: The Day of Your Test

- No medication should be taken **before 10 am the day of your exam**. You CAN resume medications two hours after ingesting the capsule.
- Please wear comfortable, loose, two-piece clothing.
- Do NOT arrive to your exam later than 8:00 am**. We will not be able to proceed if you do.
- At the office, you will ingest the capsule, and have the equipment attached to you.
- You may have clear liquids **2 hours after** swallowing the capsule.
- You may have a light meal **6 hours after** swallowing the capsule.
- PLEASE RETURN TO THE OFFICE BETWEEN 4:00-4:15 PM TO HAVE THE EQUIPMENT REMOVED.**
This should only take a few minutes.

Instructions/expectations following the exam:

- After ingesting the capsule and until it is excreted, you should not be near any electromagnetic fields, such as an MRI device or amateur (ham) radio.
- We will not need the pill after it is excreted.
- It will be approximately 2 weeks before the report is available. Your provider's nurse or medical assistant will contact you with the results. If you have any questions, please contact our office.

Congratulations, you have completed your prep! Please bring your medication list (including over-the-counter medications), photo ID, insurance card, co-pay/co-insurance/deductible with you to your test.

Cancellation Notice Requirements:

- Procedure cancellations must be made **three (3) business days prior to your appointment**.
- Failure to provide the required advance notice will result in a **\$50 Total Cancellation Fee**.
(\$50 Physician cancellation fee from Gastroenterology of the Rockies)

Low Fiber Diet

A low fiber diet limits the amount of food waste that must move through the large intestine.

Approved Foods

Bread, cereal, rice, and pasta

- White bread, rolls, biscuits, croissants, melba toast
- Waffles, French toast, pancakes
- White rice, noodles, pasta, and macaroni
- Peeled cooked potatoes
- Plain crackers, saltines
- Farina, cream of rice
- Puffed rice, rice krispies, corn flakes, special K

Meat

- Ground (beef, chicken, turkey)
- Lamb
- Pork
- Veal
- Fish
- Poultry

Vegetables

- Cooked carrots
- Asparagus tips
- Green or wax beans
- Pumpkin
- Lima Beans

Fruits

- Bananas, honeydew, cantaloupe

Milk/Dairy

- Milk-plain or flavored, eggs
- Yogurt, custard, ice cream, cheese, cottage cheese

Fats, snacks, sweets, condiments, and beverages

- Margarine, butter, oils
- Mayonnaise
- Sour cream
- Dressing
- Plain gravy
- Sugar
- Clear jelly
- Honey
- Syrup
- Spices/cooked herbs
- Bouillon, broth
- Coffee, tea, carbonated drinks
- Plain cake, cookies
- Gelatin, plain pudding, popsicles
- Hard candy or pretzels
- Mustard, ketchup

Foods to Avoid

- Breads or rolls with nuts, seeds or fruit: whole wheat, pumpernickel, rye, corn bread, chia seeds
- Brown or wild rice, buckwheat, quinoa
- Vegetables (raw or steamed, with seeds) - winter squash, peas, broccoli, Brussels sprouts
- Cabbage, onions, cauliflower, sprouts, baked beans, peas, corn, potatoes with skin
- Sauerkraut
- Fruits (raw or dried) - all berries, figs, dates/raisins, prunes, prune juice
- Yogurt with nuts or seeds
- Processed meat - hotdogs, sausage, cold cuts, tough meat with gristle