



# Video Capsule Endoscopy Prep Instructions

Please review this entire document! These instructions are your physician's specific instructions. Follow all steps carefully to ensure a successful prep and capsule ingestion/procedure. *If you are or may be pregnant, please discuss the risks and benefits of this procedure with your provider. Questions? Call 312-767-3244.*

<b>5 Days</b> before Capsule Ingestion	<ul style="list-style-type: none"><li>• Stop taking iron pills or any multivitamins that contain iron.</li><li>• Stop taking fiber supplementation (such as Metamucil, Citrucel, perdiem, etc.).</li></ul>
<b>1 Day</b> before Capsule Ingestion	<ul style="list-style-type: none"><li>• Eat normally for breakfast followed by a light lunch.</li><li>• AT 1PM: start a clear liquid diet for the remainder of the day/night before the procedure (no red or purple colored drinks).</li><li>• AT 5PM: mix seven (7) capfuls (119 grams) of polyethylene glycol (MiraLAX®, ClearLax, PureLax, GaviLax, LavaClear brands) with 32 oz. of Gatorade® or sugar-free Gatorade® (no red or purple liquids) and drink all the contents.</li><li>• You may have clear liquids up until midnight.</li><li>• Do NOT eat or drink anything after midnight.</li></ul>
<b>Day</b> of Capsule Ingestion	<ul style="list-style-type: none"><li>• Do not take your medications until 2 hours after ingestion of the capsule unless your doctor deems it necessary, then take small sips of water with medications.</li><li>• Arrive to the office at your scheduled appointment time.</li><li>• Ingest the CapsoCam capsule</li></ul>
<b>After</b> Capsule Ingestion	<ul style="list-style-type: none"><li>• Do NOT eat or drink anything for two hours after ingesting the capsule.</li><li>• <u>2 hours</u> after ingestion, you may have a clear liquid diet.</li><li>• <u>4 hours</u> after ingestion, you may have a light lunch.</li><li>• Eat normally for dinner. No further diet restrictions are necessary.</li></ul>

## General Information

- The capsule will typically take 3-30 hours to pass. If you haven't passed the capsule at 72 hours after capsule ingestion, contact our office at 312-767-3244 option #2.
- To avoid a repeat of this study, please adhere to your retrieval instructions until the capsule is retrieved. Continue to use the Retrieval Pan provided until the capsule is retrieved.
  - To watch the retrieval video instructions, visit <https://capsovision.com/patient-resources/what-to-expect-with-capsocam/>
- Avoid MRI examinations until the capsule passes through the system and is excreted and retrieved.
- Do not board an aircraft until after the capsule is excreted and retrieved.
- Return the capsule back to your physician as instructed:
  - Place the capsule inside the vial. Ensure the vial lid is locked and put the vial into the envelope. Seal the envelope and drop it off at any FedEx drop box or physical FedEx location.

### Required Items

- Allowed beverages for clear liquid diet
- polyethylene glycol (MiraLAX®, ClearLax, PureLax, GaviLax, LavaClear)
- 32 oz. of Gatorade® or sugar-free Gatorade®