

# Capsule Endoscopy Instructions

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### One (1) week prior to your capsule endoscopy

- Stop taking iron supplements.
- **If you are a diabetic**, please check with your primary care doctor about what to do with your diabetic medication the day before and the day of the procedure.
- Buy one (1) 4.1 oz bottle of MiraLAX® (119 grams).
- Buy 32 oz. of clear liquid (**no red or purple**): Gatorade®, G2®, Gatorade Ice®, Powerade®, or Powerade Zero®.

### The day before your capsule endoscopy

- **Stop eating solid foods.** Begin a clear liquid diet (See "Clear Liquid Diet" handout).
- **Starting around 7:00 PM: Start drinking your bowel prep:** Mix 32 oz. of clear liquid with 4.1 oz. MiraLAX® and drink one 8 oz. glass every 15 minutes until the mixture is gone.
- You may drink as many glasses of clear liquids as you like during the afternoon and evening on the day before your procedure.
- Remain close to a bathroom because drinking this prep will give you diarrhea, usually within an hour of starting.

### The day of your capsule endoscopy

- **Do not eat or drink anything after 5:30 AM the morning of the procedure.**
- Take any necessary medications with water at 5:30 AM the morning of the procedure.
- **If you are a DIABETIC**, please follow the instructions provided by your primary care doctor.
- When you arrive at **St. Croix Falls Clinic**, 216 South Adams Street, St. Croix Falls, WI 54024, proceed to the 2nd floor and check in at the front desk.
- After you arrive for your procedure, you will receive further information about eating during your procedure.

**Please note that you will need to return to the clinic by 4:00 PM the day of your test to have the equipment removed.**

If you have any questions, please call the clinic at 715-483-0228.