Advanced Gastroenterology

Innovative, personalized care for your digestive health

Capsule Endoscopy Preparation Instructions

Purchase- <u>One</u> 238gm bottle of Miralax and <u>One</u> 64oz. bottle of Gatorade (any flavor- NOT RED/PURPLE)

(over the counter in the laxative section of any pharmacy)

You have been scheduled for a Capsule Endoscopy on

_____, _____ at _____ am/pm.

day date time

- Start a **CLEAR LIQUID DIET** at 12:00pm the day prior to your appointment.
- Between 7:00 and 8:00pm **the night prior to your appointment**, mix the bottle of Miralax with the Gatorade. Drink half of the solution. Discard the rest of the solution.
- **Do not smoke or take any medications within 2 hours of your appointment.**

CLEAR LIQUID DIET

(Please select clear liquids from the following list, omitting any RED or PURPLE items)

- Water
- Soft drinks (orange, ginger ale, cola, Sprite, 7-Up, etc.)
- Sports drinks/Gatorade
- Kool-Aid
- Strained fruit juices without pulp (white grape, white cranberry, orange, lemonade, etc.)
- Tea or coffee (no milk or nondairy creamer)
- Low-salt chicken or beef bouillon/broth
- Hard candies
- Jell-O (lemon, lime or orange; no fruit or toppings)
- Popsicles, Italian ice (no ice cream, sherbets, or fruit bars)

***DO NOT DRINK ANYTHING RED OR PURPLE IN COLOR**

***DO NOT DRINK ANY ALCOHOLIC BEVERAGES**

***IF YOU ARE TAKING IRON SUPPLEMENTS, STOP TAKING THEM 3-5 DAYS PRIOR TO YOUR APPOINTMENT**

2415 NE 134th St., Suite 205 • Vancouver, WA 98686
P: 360.576.5060 • F: 360.576.1133 • www.agipractice.com