Capsule Endoscopy Preparation Instructions

*Purchase- **One** 238gm bottle of Miralax and One 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.

- **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*