

Gastroenterology Specialists of Oregon, P.C.

**1508 Division Street Suite 15, Oregon City, Oregon 97045
19250 SW 90th Avenue, Tualatin, Oregon 97062
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Phone number for all locations: 503-692-3750

PREPARATION FOR CAPSULE ENDOSCOPY

ONE WEEK BEFORE:

- 1) Do not take **IRON SUPPLEMENTS**.
- 2) Do not take **OIL SUPPLEMENTS, such as Fish oil, Flaxseed oil and Castor oil.**
- 3) Purchase 1 (one) bottle of Miralax Powder.
A bottle contains 8.3 ounces or 238 grams (you will use between 85 and 170 grams).
- 4) Purchase 1 package of Gas-X Regular Strength Chewable Tablets in regular flavor.
Avoid any flavors that contain red dye, like cherry.
(Each tablet will contain 80mg of simethicone. You will need 4 (four) tablets, totaling 320mg of simethicone.)

This is available over the counter at any pharmacy.

THE DAY BEFORE PROCEDURE:

- 1) **START THE CLEAR LIQUID DIET AT NOON (12:00 PM)**
On a clear liquid diet, you are not fasting and will be hungry every 1 to 2 hours.
Please choose from the clear liquid list whenever you are hungry, to keep yourself hydrated.

**AVOID: MILK PRODUCTS, ALCOHOL, CHEWING GUM,
RED AND RED DYED SUBSTANCES.**

CLEAR LIQUID EXAMPLES

Black coffee, Tea; black, green or herbal (no milk or cream)
Carbonated beverages: soda, ginger ale, mineral or sparkling water
Gatorade-type drinks (no red colored drinks)
Flavored JELLO (no fruit added or red colored flavors)

Pulp-free fruit juices (for example, apple or grape)
Popsicles with no fruit pulp or seeds
Broth or consommé: beef, chicken or vegetable
Plain hard candy (Lemon drops, Lifesavers, Jolly Ranchers)

- 2) **At 5:00 pm**, mix 5 (five) capfuls of Miralax Powder in **64 ounces** of water and drink. Please complete drinking this solution **by 6:00pm**.

If you have not had at least 2 bowel movements **by 8:00pm**, please repeat the preparation (mix an additional 5 capfuls of Miralax Powder in **64 ounces** of water and drink. Please complete drinking this solution **by 9:00pm**).

- 3) **Take nothing by mouth, including liquids, after MIDNIGHT.**

- 4) **MALE PATIENTS:** You will need to shave your abdomen **6 inches (15cm) above and 6 inches (15cm) below the navel the day before your exam.**

THE DAY OF EXAM:

- 1) **CLOTHING:** Please wear a two-piece, loose fitting outfit.
- 2) **Do not apply lotion, cream or powder to your abdomen.**
- 3) **DO NOT TAKE MEDICATION 2 HOURS PRIOR TO THE PROCEDURE.**
- 4) **30 minutes prior to your appointment time, take 4 (four) Gas-X Regular Strength Tablets.**
- 5) You will leave with two items: a) The Sensor Array, which is applied to your abdomen with adhesive pads. This will be connected to the Data Recorder.
b) The Data Recorder is attached to a belt and worn around your waist.

After that, you will be instructed to ingest the Capsule known as the PillCam.

The Capsule Endoscopy lasts approximately 8 hours. Do not disconnect the equipment or remove the belt at any time during this period.

Since the Data Recorder is actually a small computer, it should be treated with utmost care and protection. Avoid sudden movement or jarring of the Data Recorder. You will also record the time and nature of any event, such as eating, drinking, your activity and unusual sensations. Return these notes to the office at the time you return the equipment.

- 6) **DO NOT EAT OR DRINK FOR 2 HOURS** after ingesting the PillCam Capsule.
- 7) **After 2 hours**, you may have clear liquids. (see above list)
- 8) **After 4 hours**, you may have a light snack.
- 9) **After 6 hours**, you may resume a normal diet.
- 10) Avoid any strenuous physical activity, especially if it involves sweating, and do not bend over or squat during the exam.
- 11) Please do not go home and fall asleep. Inactivity can prevent the capsule from moving through the intestine.
- 12) After ingesting the PillCam Capsule, and until it is excreted, you should not be near any source of powerful electromagnetic fields such as one created near an MRI device or amateur (ham) radio.
- 13) During the Capsule Endoscopy, you will need to verify every 15 minutes that the small light on the top of the Data Recorder is blinking twice per second. If, for some reason it stops blinking at that rate, record the time and contact our office at 503-692-3750
- 14) Contact our office at 503-692-3750 immediately if you suffer from any abdominal pain, nausea or vomiting during your Capsule Endoscopy. After completing the exam, if you do not positively verify the passage of the PillCam from your body, and you develop unexplained post procedure nausea, abdominal pain or vomiting, please contact our office for further evaluation and possible abdominal Xray examination.

IF YOU HAVE ANY QUESTIONS REGARDING THIS PROCEDURE OR PREPARATION, PLEASE CALL:

503-692-3750

THIS NUMBER WILL REACH THE ANSWERING SERVICE AFTER HOURS