

Digestive Disease Associates of Rockland, PC
974 Route 45, Pomona NY 10970
845-354-3700

CAPSULE ENDOSCOPY PREPARATION

You have been scheduled for a capsule endoscopy with Digestive Disease Associates of Rockland. Capsule endoscopy is a procedure that uses a tiny wireless camera to take pictures of your digestive tract. The camera sits inside a vitamin-sized capsule that you swallow. As the capsule travels through your digestive tract, the camera takes thousands of pictures that are transmitted to a recorder you wear on a belt around your waist or over your shoulder. These pictures allow us to examine small details of your small intestine, an area that has not easily reached by either endoscopy or colonoscopy. After the capsule study is completed, the disposable capsule passes naturally through your body.

You will be asked to arrive at the office early in the morning (around 8 AM) on the day of your capsule procedure. After swallowing the capsule, you may move around freely for the rest of the day and perform regular activities. You may be asked to refrain from strenuous activities the day of the capsule study.

It takes about 6-8 hours to complete the capsule study. You will be asked to return to the office later the same day (around 4:30 – 5:00 PM) to disconnect the recording device. The information in the recording device is then downloaded onto a computer, and the study is read by one of our physicians. You will receive the results of your capsule study within a week after it is completed.

Please read all the instructions at least ONE WEEK before your scheduled procedure date so you can be adequately prepared for this procedure. A thorough cleansing of the intestine is essential and the examination is most successful if you follow the directions for preparation completely. Improper cleansing may result in rescheduling your procedure. If you have any questions, please call our office at 845-354-3700. Additional information can also be found on our website at www.myddar.com.

SPECIAL CONSIDERATIONS

- Please inform us if you have a **cardiac pacemaker** or implanted **defibrillator (AICD)** device. Capsule endoscopy may not be possible if you have these devices.
- You should continue to take most of your medications, including your **BLOOD PRESSURE** and **HEART MEDICATIONS**, without interruption, including on the morning of your procedure.
- Stop any **iron pills or iron supplements** 5 days before your procedure.
- If you are **DIABETIC**, check with your primary physician regarding taking your insulin or oral diabetic medications. In general, you should not take any oral diabetic medications the day before or the day of your procedure. Speak with your primary physician if you are on insulin regarding how to adjust the insulin dosage.
- Medications for diabetes/weight loss: Stop any **weekly GLP-1 medications (Ozempic, Wegovy, Mounjaro, Zepbound, Bydureon)** for 1 week prior to your procedure. Stop any **daily GLP-1 medications (Rybelsus, Victoza, Byetta, Saxenda)** for 24 hours prior to your procedure. These medications slow down the emptying of your stomach and can prevent the capsule from passing into your small intestine. Please call our office if you have any questions about these medications

CAPSULE ENDOSCOPY PREP INSTRUCTIONS

PURCHASE THESE ITEMS AHEAD OF TIME (no prescription is required for any items):

- One 238-gram bottle of **Miralax** powder
- One 64-ounce bottle of **Gatorade** or Gatorade G2 (**no red** flavors)

THE DAY BEFORE YOUR CAPSULE ENDOSCOPY:

- You may have a **very light breakfast**. (Toast, scrambled eggs, cereal)
- Start a **CLEAR LIQUID DIET AFTER BREAKFAST and continue all day**. You may not have any solid food for the rest of the day. Examples of clear liquids are:

Clear bouillon	Tea (without milk)	Sprite / 7-up
Chicken broth	Coffee (without milk)	Ginger Ale
Vegetable broth	Kool-Aid (not red)	Apple juice
Beef broth	Carbonated beverages	White grape juice
Consomme	Iced tea	White cranberry juice
Jello (not red)	Gatorade (not red)	Italian ice (not red)

- Throughout the day, make sure to **drink at least 8 glasses** (2 quarts) of fluids such as Gatorade or a similar product, preferably not only plain water.
- Take your usual prescription medications.

5:00 PM: Mix 238-gram bottle of Miralax into the 64-ounce bottle of Gatorade. Shake until the Miralax is completely dissolved. Drink **the entire 64-ounce bottle** of the Miralax/Gatorade mixture over 3-4 hours as follows: drink one 8-ounce glass every 20-30 minutes until the solution is completely gone. If you develop nausea or fullness, slow down - stop drinking the solution for 30-60 minutes, then resume.

Remember to remain close to toilet facilities! It can take 1-4 hours for the diarrhea to begin. You should continue to have diarrhea until the stool is completely clear (i.e. liquid/watery with no particles). You may continue to have clear liquids **until midnight**. After midnight, you may not have anything else to drink.

THE DAY OF YOUR CAPSULE ENDOSCOPY:

- Wear loose, cotton clothing (i.e. sweat suit)
- **You may not have anything to eat or drink the entire day**, before your scheduled appointment time.
- If you take **prescription medications**, you may take them in the morning with a small sip of water. Continue all your usual prescription medications - please be sure to take any blood pressure or heart medications the morning of the test with a small sip of water.
- Diabetic patients should check with her physicians regarding taking your insulin or oral diabetic drugs