



Athens Digestive Healthcare Associates

Dr. Asif Qadri

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Capsule Endoscopy/Pill Camera

Day Before Capsule:

- Eat normally for breakfast then have a light lunch. Begin a clear liquid diet for the remainder of the day. (CLEAR LIQUID: black coffee, tea, apple juice, white grape juice, gatorade, broth, Jell-O.)

- **NO SOLID FOODS, NOTHING RED OR PURPLE IN COLOR, NO MILK PRODUCTS, AND NO ALCOHOL**
- **YOU MAY TAKE ANY MEDICATIONS**

-At **6:00pm** Mix seven capfuls (119grams) of MiraLax with 32 oz of water.

Day of Capsule: Nothing to eat or drink except water.

-**Two hours before** the appointment mix a capful (17 grams) of MiraLax with a glass of water (8oz)

-**Please hold all medications until 2 hours after ingestion time.**

Report to: _____

Date: _____

Time: _____

-You may resume a clear liquid diet **2 hours** after ingesting the capsule.

-**Four hours after** ingesting the capsule mix a capful (17 grams) of MiraLax with a glass of water (8oz)

-Enjoy a light dinner, then no further diet restrictions will be necessary.

The capsule will typically take 3-30 hours to pass. If you have not passed the capsule 72 hours after capsule ingestion, please contact our office. To avoid repeat of this study, please adhere your retrieval bowl to your toilet until the capsule is retrieved.

A pre-labeled padded envelope will be provided in your take-home kit. Place the capsule inside the vial. Ensure the vial lid is locked and put the vial into the envelope. Seal the envelope and drop it off at any FedEx drop box, or any FedEx location.