

IMPORTANT FOR YOUR OWN SAFETY

INSTRUCTIONS MUST BE FOLLOWED OR YOUR PROCEDURE WILL BE RESCHEDULED!

ITEMS YOU WILL NEED TO PURCHASE:

- **MiraLAX 510 gram bottle** (or generic equivalent) Available over-the-counter at any pharmacy.
- **Clear liquids** including broth and/or Gatorade (see list on back of page).

5 DAYS PRIOR TO YOUR PROCEDURE

STOP THE FOLLOWING:

- **Fish Oil & Iron Supplements (Ferrous Sulfate)**

MEDICATIONS YOU ARE REQUIRED TO TAKE

- Diabetes medication (oral or injection) - take one half the usual dose the day prior to procedure **Omit Diabetes medication day of procedure.**
- Heart, Blood Pressure, Seizure, Asthma medications must be taken by 5 a.m. the day of your capsule test with a sip (less than 1 oz) of **clear liquid**. If you do not take medication by 5 a.m., please wait until 12 noon the day of test.

PROCEDURE PREP

1 DAY PRIOR TO YOUR PROCEDURE

CLEAR LIQUIDS ONLY (BREAKFAST, LUNCH AND DINNER)- NO FOOD

Start MiraLAX Between 10:00am and 12:00noon

MiraLAX - Mix 17 grams (see cap for measurement) of **MiraLAX** (powder) in 8 oz. of **clear liquid** (see list on back). Please make sure to use cold Gatorade or warm broth at least every other dose. Repeat every 30-45 minutes until you have taken 18 doses of **MiraLAX**.

Dulcolax – Take 2 Dulcolax (bisacodyl) tablets (in attached envelope) with the 9th dose of **MiraLAX** and take the other 2 Dulcolax tablets (in attached envelope) with the 18th dose of **MiraLAX**.

Erythromycin- Take 1 erythromycin tablet (in attached envelope) at the end of your Miralax prep.

After completing 18 doses of MiraLAX if your stool is not clear (slightly colored is okay but no fecal matter should be present), take 4 more doses of MiraLAX.

- **PLEASE NOTIFY OUR OFFICE IF THERE HAS BEEN A CHANGE IN YOUR HEALTH OR MEDICATIONS SINCE SCHEDULING PROCEDURE**

Nothing by mouth after midnight, the night prior.

OVER

APPROVED CLEAR LIQUIDS

- Fruit juices without pulp (apple, grape, cranberry, etc.)
- Coffee or Tea (without milk or non-dairy creamer, sugar is okay.)
- Jell-O (No **RED** Jell-O)
- Clear broth or bouillon (beef or chicken.)
- Sport Drinks (Gatorade, Powerade, etc.)
- Kool-Aid
- Soft drinks (all Pepsi & Coke products.)
- Popsicles
- Ensure **Clear**
- Water

ALCOHOLIC BEVERAGES ARE DISCOURAGED!