



44 West River Street, 1<sup>st</sup> Floor  
Providence, RI 02904  
401-274-4800 • 401-454-0410 fax

ALYN L. ADRAIN, M.D.  
VALLEY C. DREISBACH, M.D.  
TIAN GAO, M.D.  
NEIL R. GREENSPAN, M.D.  
DANIEL GREENWALD, M.D.  
BRETT D. KALMOWITZ, M.D.  
DAVID SCHREIBER, M.D.  
SAMIR A. SHAH, M.D.  
JEREMY SPECTOR, M.D.  
JACLYN DECOURSEY, PA-C

## SMALL BOWEL CAPSULE ENDOSCOPY PATIENT INSTRUCTIONS

- Your procedure is scheduled for \_\_\_\_\_.
- Please arrive at 44 West River Street (2<sup>nd</sup> Floor) in Providence at 8:30 am to receive your capsule and data recorder.
- You will need to return to 44 West River Street (2<sup>nd</sup> Floor) at 4:15 pm to return your data recorder.

## PREPARATION

- Purchase a 119 gram bottle of Miralax and one 32 ounce bottle of Gatorade (NOT RED).
- Discontinue iron supplement, Carafate, and antacids 7 days before your test.
- If you are being evaluated for possible Crohn's disease, do not take any NSAID's (i.e. Motrin, Advil, etc.) for 2 weeks before your test.
- Avoid narcotics.
- If you have diabetes, check with your doctor about possible medication changes because of the dietary restrictions.
- **The day before your test:**
  - You may not eat after 12:00 p.m. (noon). You may have **clear liquids only** until 12 a.m. (midnight). Ex: Water, black coffee (no cream), tea, juices without pulp (ex: apple juice), clear broth, soda, Gatorade, and Jello. **Do not drink any red colored liquids**
  - At 5 p.m. mix a 119 gram bottle of Miralax with 32 ounces of Gatorade (NOT RED). Stir the mixture until all of the Miralax is dissolved. Drink one 8 ounce glass every 10-15 minutes until you have completed the entire mixture. This must be finished by 8 p.m.
  - Nothing to drink after midnight.
- **The day of your test:**
  - You may take your medications **two hours before** your capsule is swallowed with a small sip of water
  - Wear loose, two piece clothing (shirt and pants) on the day of your test.

## DURING THE TEST

- You may have clear liquids **two hours** after you start the test.
- You may have a light lunch **four hours** after you start the test.
- It is important to remain active during the test; this helps the capsule to pass through the small bowel. Walking is excellent. Do not sit or lie down for most of the day.
- Handle the Data Recorder carefully, avoid banging it and avoid sudden movements.
- Check the green flashing light every 30 minutes to make sure it continues to blink. If it stops blinking, note the time and contact us at 274-4800.
- Do not worry if you do not see the capsule pass, most people do not see it pass. **Do not try to retrieve or return the capsule to us.**
- Do not go near an MRI machine and do not have an MRI until you are sure that the capsule has passed, you may call the doctor who performed your study to check if you are unsure.