



VALDOSTA
Gastroenterology Associates
and
Endoscopy Center

Capsule Endoscopy Prep & Procedure Instructions

Day before your procedure:

- Clear liquid diet the day before the procedure starting at noon. Follow here for instructions for a **clear liquid diet**.
- Purchase the medium size 255 gram bottle of Miralax over the counter.
- The night before the procedure, at 7:00 pm, mix half of the Miralax powder into a large 20 oz. glass of water and drink it. After this, drink only water until your procedure.

Day of your procedure:

- Dress in button up shirts and slacks or loose fitting clothing, no dresses or skirts please (the halter will cause these to not fit properly).
- Male patients should shave their abdomen 6 inches above and below the navel on the day of the procedure.
- Mix the second half of the Miralax powder into a large 20 oz. glass of water and drink it at 6:00 am. Then, take the prescribed dose of Metoclopramide (Reglan).
- Arrive at our office by 8:15 am to begin the procedure.

Day of your procedure (after swallowing the capsule)

- Continue to drink only water for 4 hours after you swallow the Capsule.
- You may resume your regular diet 4 hours after swallowing the Capsule.
- Return to our office at 4:30 pm to complete the procedure.
- If you were referred to our office by another physician for this procedure, you will receive your results from this test from that physician.