INSTRUCTIONS FOR PILLCAM PREPARATION

Please read carefully and follow all instructions to ensure a successful procedure.

Purchase the following- One 8.3 oz. bottle of Miralax powder (over the counter) and one 64 oz. Gatorade **NO RED OR PURPLE COLORS**

ONE DAY BEFORE YOUR PROCEDURE:

Begin Clear Liquid Diet: **NO RED OR PURPLE DYES** Water, clear broth/bouillon, coffee or tea (no creamer), Gatorade, Soda, Fruit Juices (no pulp), Jell-o, Popsicles, and hard candies. **NO** solid foods, milk, or opaque liquids.

PLEASE KEEP YOURSELF HYDRATED by drinking at least 8 glasses of water throughout the day.

DAY BEFORE THE PROCEDURE: Prepare your Gatorade/Miralax Solution

1. Mix one 64 oz. Gatorade with 8.3 oz. Miralax
2. Begin drinking your prep around 5:00 PM.
3. Continue drinking clear liquids throughout the day
4. **REMEMBER NOTHING TO EAT OR DRINK AFTER MIDNIGHT**

NOTE: Oral laxatives may cause mild cramping, bloating, or nausea. Always stay near a bathroom while using the Prep solution. Most people agree that bowel prep tastes better if chilled.

DAY OF PROCEDURE: *Wear upper garment of thin, natural fiber such as a t-shirt* that is long enough to reach at least hip level and will not ride up above the belt.

AFTER SWALLOWING THE PILLCAM SB CAPSULE:

1. **You may drink colorless liquids starting 2 hours** after swallowing the PillCam.
2. **You may have a light snack 4 hours after ingestion**. You may return to your normal diet when the examination is complete.
3. **Check the blue flashing PillCam recorder frequently** to make sure it is blinking twice per second. Be sure the sensor is tight at the waist and do not attach anything to it. Also, avoid strong electromagnetic fields such as MRI devices.
4. **Do not disconnect the equipment** or completely remove the PillCam at any time during the procedure.
5. Treat the PillCam recorder carefully. Avoid sudden movements and banging of the recorder.
6. Return the PillCam when instructed by office staff.