



## Capsule Endoscopy

Date: \_\_\_\_\_

Arrival Time: 7:00 AM

Where: 3<sup>rd</sup> Floor Parking Garage, Kagan Endoscopy

Capsule endoscopy (Pill Cam) allows the physician to examine the lining of the middle part of gastrointestinal tract which includes the three portions of the small intestine. Your doctor will use a pill-sized video camera. This camera has its own light source and takes pictures of your intestine as it passes through. These pictures are sent to a recorder that you wear on your body. The doctor will later view the pictures from the recorder on a video monitor.

### 7 Days Before Your Appointment

- **One week prior** to your appointment, please **stop** all iron and iron supplements that you may be taking.
- **You must have a bowel preparation in order to complete the procedure.**
  - *Please purchase – Miralax, 119 grams and 32 ounces of Gatorade (any color but RED).*

### 1 Day Before Your Procedure

- You may have a light breakfast
- 12 noon – nothing but clear liquids for the rest of the day
- Mix the entire bottle of Miralax and Gatorade
- Between 4 pm and 6 pm drink the Miralax and Gatorade solution
- Continue to drink clear liquids (nothing red)
- Nothing to eat or drink after midnight

### Day of Your Procedure

- If you are diabetic, you must check your blood sugar the morning of your procedure. Do not take insulin the morning of the procedure.
- Please bring your medications with you.
- After you swallow your capsule, you will be able to leave the Endoscopy Unit but will have to return in 8 hours (This is approximately the time it will take for the capsule to move through your small intestine.)
- You will be able to drink water 2 hours after the capsule ingestion
- You may have clear liquids and regular medications 4 hours after capsule ingestion.

### Questions about your procedure?

Please call \_\_\_\_\_ at \_\_\_\_\_

For more information, please contact

Northern Light Gastroenterology, 417 State Street, Suite 121, Bangor, Maine 04401  
Phone: 207.973.4266 | fax: 207.973.5151