

**CAPSULE ENDOSCOPY PREP INSTRUCTIONS**

To schedule your capsule endoscopy or if you have any questions about your procedure, call Dr. Niemann's office at (217) 222-6550, option #1, extension 6204.

**PLACE:** Your appointment for your capsule endoscopy is \_\_\_\_\_ at the Quincy Medical Group, 1118 Hampshire St, Second Floor, Quincy, IL 62301.

**TIME:** Arrive at the clinic at 8:00 a.m. to check in. You will need to return to the clinic 8 hours later for removal. Further instructions will be given at the time of your endoscopy.

1. You will need to avoid for one week prior to the test multivitamins, iron, and iron supplements. For two days prior, you will need to avoid fiber supplements.
2. The day before your procedure, be on a clear-liquid diet starting at breakfast. Clear liquids are anything you can pour into a glass and see through. Liquids allowed are: coffee (black), tea, water, clear fruit juices (grape, apple, cranberry), bouillon, jello, soda, popsicles and Gatorade. **(NO RED COLORING)**. No solid food, milk or milk products including non-dairy creamers. No food with seeds or corn 3 days prior to procedure.
3. The evening before at 5:00 p.m., mix 119 grams of MiraLax with 32 ounces of Gatorade. MiraLax is in the laxative section at any drug store and does not need a prescription. Drink one 8-ounce glass every 15-20 minutes until gone.
4. Do not eat or drink anything by mouth after 10:00 p.m. Do not take medications on the morning of the procedure. Do not smoke in the morning of the procedure.
5. You need to wear loose clothing the day of the procedure. Clothes are not to have any buttons, belts, snaps, or zippers.