

Pill Cam Endoscopy Prep Instructions: *Be advised that you will also receive a reminder call two days before your scheduled procedure that will mention a time of 6:45am. This call is to simply remind you that you have something scheduled for that day. **YOU WILL NEED TO ARRIVE AT OUR OFFICE @ 7:45AM***

You will start your preparation for your procedure the day before your scheduled pill cam

AVOID ANYTHING RED or PURPLE!!! *(No red beverages, foods or pills)*

Light Breakfast:

-Toast, small bowl of cereal or oatmeal

Start drinking clear liquids once you have completed your breakfast

Examples of clear liquids: Water/Soda Water, Tea (sweetened/unsweetened), Coffee (no creamer allowed), Chicken Broth, Clear Sodas (Diet/Regular Coke, Pepsi, Ginger Ale, Sprite, 7UP, Mountain Dew & Root Beer), Clear Juices (Apple juice, White grape juice, White cranberry juice and Orange juice) Jello (Lime, Orange and Lemon-NO FRUIT ADDED), Popsicles (Green, yellow and blue)

Light Lunch:

-Salad (without tomatoes), crackers, soups (no reds), chicken or turkey or tuna salad or sandwich

Continue drinking your clear liquids

****PLEASE NOTE THAT CLEAR LIQUIDS CAN BE CONTINUED UNTIL 9:00PM****

You will need to purchase the following items:

- 1) 1-238gram bottle of Miralax
- 2) 4-Dulcolax stool softener tablets
- 3) 64ozs. of Gatorade (NO REDS OR PURPLES)

At 4pm: Take (4) Dulcolax tablets by mouth, continuing your liquid diet.

At 6pm: Pour the entire (238 gram) bottle of Miralax in the 64ozs of Gatorade. If you purchase (2) 32oz bottles of Gatorade, you will pour half of the Miralax into each bottle. Begin drinking the solution, consuming 8ozs. every 15 minutes until you have consumed 32ozs. (half of the bottle). Refrigerate the remainder, as you will need it the next morning.

At 2am (*the morning of your procedure*): You will need to drink the remaining 32ozs of the Gatorade/Miralax mixture. Consuming it at the same rate as you did the evening before.

Reglan 5mg: This medication will be sent in to the pharmacy of your choice. You will only be prescribed (2) 5mg pills. You MUST bring these pills in with you the day of your pill cam procedure. This medication will allow the stomach muscle to relax to give the pill cam easier access through the small bowel