

Monmouth Gastroenterology, LLC



A Division of Allied Digestive Health
1912 Hwy 35 South, Suite 201
Oakhurst, NJ 07755
732-389-5004 fax 732-389-1850

Doctors: Baig, Belitsis, Fiest, Gorcey, Merikhi and Uppal

PATIENT NAME: _____
Date: _____ Time: _____ **9: 15 AM** _____

Capsule Endoscopy Study-OFFICE Prep Instructions

IF YOU ARE A DIABETIC ---PLEASE MAKE SCHEDULER AWARE – IN ORDER TO RECEIVE INSTRUCTIONS ON YOUR MEDICATION/INSULIN

TWO DAYS BEFORE: Do not eat any fruits (bananas and melon are permitted), nuts, vegetables, salads, seeds, berries or whole grains.

The day BEFORE the procedure:

- You may take your usual medications with non-carbonated water
- Diet: After lunch (no later than 12:00 noon), clear liquids only. Avoid carbonated beverages.
- Bowel Preparation: Take one packet of Miralax (over the counter) mixed with eight ounces of water at 10:00 PM
- Restrictions: After 10:00 PM, take nothing by mouth except water.

The Morning of the procedure:

- Take one packet of Miralax mixed with eight ounces of water ONE HOUR PRIOR TO YOUR PROCEDURE. Nothing else by mouth except water.

During the procedure:

- Diet: Nothing by mouth for the first two hours after swallowing the capsule. You may take your morning medications, if needed.
- Four hours after swallowing the capsule, you may have a light lunch. Drink PLENTY of colorless, non-carbonated, clear liquids throughout the day to help avoid dehydration.
- Activity: Walk and move around as much as possible. This will help the capsule move through your small intestine. Avoid strenuous activity.

After the procedure:

- **Return** the equipment back to the office at 4:30 pm.
- Do not schedule an MRI for two weeks after the procedure unless you have checked with our office.
- If you do not see the capsule pass in your stool ---the doctor will be able to see how the capsule traveled via the video. You do not need to retrieve the capsule.
- Your results will be processed within a week of your procedure—if you do not hear from us, please call our office for your results.



- Please report to the following location:**
- **Monmouth Gastroenterology:** 1912 Hwy 35 S, Oakhurst, NJ -732-389-5004