

Little Rock Diagnostic Endoscopy Center

CAPSULE ENDOSCOPY

1. **STOP IRON** tablets 5 days before the test
2. The day before the test you may eat a light breakfast and lunch
3. After **12:00pm** - **CLEAR LIQUIDS ONLY (see below)**
4. At **6:00pm** - Mix 119 Grams of Miralax (this is the small bottle and can be obtained OTC) with 32oz of clear liquids. Drink an 8oz glass every 30 mins until it is all gone.
5. At **10:00 pm** - **NOTHING ELSE BY MOUTH**
6. **DO NOT SMOKE FOR 24 HOURS BEFORE THE TEST**
7. **Wear** short sleeved comfortable shirt.
8. The morning of your test arrive at 6:30am in the Endoscopy Center.
9. After you have swallowed the capsule and been given instructions for the day you are free to leave.
10. You will be on a clear liquid diet for the day until your test is complete or at 3:30pm. If you live out of town please bring 6-10 saltine crackers and clear liquids with you to drink for the day.
(Examples: Gatorade, juice, water, only clear or yellow in color.)
11. You **MUST** return to the clinic no later than 3:30 pm the **SAME DAY.**

THINGS WE CONSIDER CLEAR YOU CAN HAVE WHILE ON THE CLEAR LIQUID DIET:

Water, Kool-Aid, Popsicles, Jell-O, Bouillon, Clear Fruit Juice, White Grape Juice, Apple Juice, Lemonade, Black Coffee (may add sugar only), Tea (sweet or unsweet), Green Tea, Soft Drinks (Coke, Diet Coke, Dr Pepper, etc) Gatorade, Powerade (any color other than Red or Purple).

If you have any questions before 2pm please call 501-221-5845.

After 2pm call - Dr. McElreath -nurse Bridgett 501-320-1668

****You will receive your results for this test from your referring physician – this usually takes 5-7 business days****