

CapsoCam Wireless Video Capsule Endoscopy Checklist



Read all the information below, follow the directions carefully, and put this document in a visible place for reference while preparing for your procedure, so you have the best possible examination. For more detailed instructions, refer to our online prep guide at ohiogastro.com/capsocam-wce-instructions/. Questions? Chat with the virtual assistant on our website or for more support call us at 614-754-5495.

***If you are on a GLP-1 medication such as Ozempic, Wegovy, Mounjaro, or like medications, DO NOT take your medication 7 days before the appointment. Call our office if the appointment is before to the 7 days.**

Preparing for the Endoscopy

- Read all the instructions before the procedure.
- Purchase your over-the-counter prep:
 - Container(s) with at least 153 grams of Polyethylene glycol (MiraLAX®, ClearLax, PureLax, GaviLax, LavaClear brands).
 - A small bottle of Mylicon Drops. You will need 1.2 ml total.
- Plan to be at the facility for half an hour. You can drive after the procedure and will not need a driver to accompany you.
- 4 days before endoscopy** - STOP taking any medications or multivitamins that contain Iron.
- 3 days before endoscopy** - STOP consuming anything with a red color.
- 24 hours before endoscopy** - DO NOT take pain medications, muscle relaxers, or gastrointestinal medicines.

Day Before Endoscopy

If your endoscopy is scheduled before noon (before 12:00pm):

- Eat a normal breakfast and a light lunch. **After lunch begin a clear liquid diet** (water, chicken broth, apple juice, popsicles, Jell-O, coffee, tea, etc.) and stay hydrated. Go to our online prep guide for more examples of clear liquids. (Nothing colored red to drink.)
- 9:00pm** - Mix 7 capfuls (119 grams) of Polyethylene glycol with 32 oz. of water or non-red electrolyte replacement drink and drink all contents. The Polyethylene glycol bottle top is a measuring cap marked to contain 17 grams of powder when filled to the indicated line.
- 9:30pm** - Take 0.6 ml of Mylicon® drops mixed well with 8 oz of water.
- 10:00pm** - STOP drinking water and clear liquids. Small sips of water with medications are allowed.

If your endoscopy is scheduled after noon (after 12:00pm):

- Eat a normal breakfast and lunch then before 7:00pm eat a light dinner. After dinner **begin a clear liquid diet** (water, chicken broth, apple juice, popsicles, Jell-O, coffee, tea, etc.) and stay hydrated. Go to our online prep guide for more examples of clear liquids. (Nothing colored red to drink.)
- Before going to sleep** - Mix 7 capfuls (119 grams) of Polyethylene glycol with 32 oz. of water or non-red electrolyte replacement drink and drink all contents.
- 30 minutes after taking Polyethylene glycol or at least 8 hours before your appointment** - Take 0.6 ml of Mylicon drops mixed well with 8 oz of water.

Flip to continue checklist. →

Checklist Continued


Day of Endoscopy

- 2 hours before your arrival time** - Mix 1 capful (17 grams) of Polyethylene glycol with a full glass of water or non-red electrolyte replacement drink.
- Arrive at your appointment on-time and bring your Mylicon drops with you** to your appointment. During the appointment you will ingest the Capsule with 0.6ml Mylicon drops in water.
- DO NOT eat or drink anything, including water and medications, until 2 hours after swallowing the capsule.** If your doctor believes it is necessary to take medications during this time, take the medications with small sips of water.
- 2 hours after swallowing the capsule** - Resume drinking clear liquids.
- 4 hours after swallowing capsule** - Mix 1 capful (17 grams) of Polyethylene glycol with a full glass of water or non-red electrolyte replacement drink and drink all the contents.
- After drinking the last dose of Polyethylene glycol**, you can eat a light meal and then resume your regular diet. Find suggestions for your first meal on our website.

Capsule Retrieval and Return

- After ingestion, have the Capsule Retrieval Kit setup every time you use the restroom (for urination or a bowel movement) until it is retrieved.** If you fail to retrieve the capsule, you will have to repeat the examination which includes repeating the prep regimen.
- Follow the capsule retrieval instructions included in your Capsule Retrieval Kit.
- Your Capsule Retrieval Kit should include a container to put the capsule in; a zip bag; and a pre-labeled, padded envelope.
- After the capsule is retrieved, place the capsule inside the container given and make sure the container lid is closed. Put the container into the zip bag given and seal it. Then place the zip bag with the container inside the pre-labeled, padded envelope given. Seal the envelope and drop it off at any FedEx drop box or physical FedEx location.
- It can take up to three weeks from shipping the capsule back to receive results.

 Questions? Use the chat bot on our website at ohiogastro.com or call our office during regular business hours (8:00am to 4:30pm) at 614-754-5500 for more support.

 Get helpful tips and more information on our online prep guide at ohiogastro.com/capsocam-wce-instructions/



Scan to visit the guide.