

CapsoCam Wireless Video Capsule Endoscopy Prep Instructions



Put these instructions somewhere you can see them. Follow every step to get ready for your procedure. For more information, visit ohiogastro.com/capsocam-wce-instructions/. Questions? Call (614) 754-5500 or visit ohiogastro.com.

***If you take a GLP-1 medicine (like Ozempic, Wegovy, Mounjaro, or similar), do NOT have it for 7 days before your procedure. Call us if you took any during this time.**

Preparing for Your Endoscopy

- ☐ Buy these items:
 - At least 153 g of Polyethylene glycol (MiraLAX®, ClearLax, PureLax, GaviLax, LavaClear brands)
 - At least 1.2 ml Mylicon® Drops
- ☐ Plan to be at the facility for 30 minutes. You can drive after the procedure and will not need a driver to accompany you.
- ☐ **4 days before endoscopy** - STOP taking any medicines or multivitamins that contain Iron.
- ☐ **3 days before endoscopy** - STOP consuming anything with a red color.
- ☐ **24 hours before endoscopy** - DO NOT take pain medicines, muscle relaxers, or gastrointestinal medicines.

Day Before Your Endoscopy

If your endoscopy is scheduled before noon (before 12 p.m.):

- ☐ Eat a normal breakfast and a light lunch. **After lunch begin a clear liquid diet** (water, chicken broth, apple juice, popsicles, Jell-O, etc.) and stay hydrated. Go to our online prep guide for more examples of clear liquids. (Nothing colored red to drink.)
- ☐ **9 p.m.** - Mix 7 capfuls (119 g) 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 g of powder when filled to the indicated line.
- ☐ **9:30 p.m.** - Take 0.6 ml of Mylicon® drops mixed well with 8 oz of water.
- ☐ **10 p.m. - STOP drinking water and clear liquids.** DO NOT eat or drink anything, except small sips of water with your regular medicines.

If your endoscopy is scheduled after noon (after 12 p.m.):

- ☐ Eat a normal breakfast and lunch then before 7 p.m. eat a light dinner. **After dinner begin a clear liquid diet** (water, chicken broth, apple juice, popsicles, Jell-O, 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 g) 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. →

Prep Instructions Continued

Day of Your Endoscopy

- ☐ **If your endoscopy is scheduled before noon (before 12 p.m.) - Continue to NOT eat or drink anything**, except small sips of water with your regular medicines.
- ☐ **If your endoscopy is scheduled after noon (after 12 p.m.) - STOP drinking water and clear liquids at 10 a.m.** DO NOT eat or drink anything except small sips of water with your regular medicines.
- ☐ **2 hours before your arrival time** - Mix 1 capful (17 g) 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 0.6 ml Mylicon drops in water.
- ☐ **DO NOT eat or drink anything, including water and medicines, until 2 hours after swallowing the capsule.** If your doctor believes it is necessary to take medicines during this time, take the medicines with small sips of water.
- ☐ **2 hours after swallowing the capsule** - Resume drinking clear liquids.
- ☐ **4 hours after swallowing capsule** - Mix 1 capful (17 g) 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.



Get more info at
ohiogastro.com/capsocam-wce-instructions/