



PillCam Study with Miralax® Preparation

Physician: _____ Dabaghi _____ Frank _____ Gagneja _____ Godell _____ Kumar

PillCam Date _____ Appointment Time _____

Austin Endoscopy Center
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Patient Instructions and Preparation for Pillcam Study:

Your physician has determined that as part of your medical evaluation you should undergo an examination known as Capsule Endoscopy. This procedure involves ingesting a capsule (the size of a vitamin pill) called PillCam, which will pass naturally through your digestive system while taking pictures of the intestine. The PillCam is disposable and will be excreted naturally in your bowel movement. In the rare case that it will not be excreted naturally, it will need to be removed endoscopically or surgically. In order for your physician to get the most accurate information from this examination, you will need to follow the instructions below:

Purchase at the Pharmacy/Grocery Store:

- Miralax®, 255g bottle (prescription from your doctor) or Miralax®, 238 g bottle- over the counter (OTC)
- Plain or aloe Baby wipes; Desitin® or A&D® ointment (prevents a sore bottom) OPTIONAL
- Drinking straws OPTIONAL
- Clear liquids (see list below)
- Gatorade®, 64 oz. size, **(If you are a diabetic, you may ask your doctor about a substitute for Gatorade® such as Crystal Light® or any sugar free clear liquid)**

Five days BEFORE the PillCam Study:

- Stop** taking any iron products/prescription.
- You MAY NOT have an implanted defibrillator

One Day BEFORE the PillCam:

• Have a **clear** liquid diet **BEGINNING at 12:00 NOON**. Avoid dairy products and juices with pulp such as orange or grapefruit juice. Do NOT drink milk or creamer in your coffee/tea or include in other liquid diet drinks.

Soups: Clear broth or consommé

Sports drinks: Gatorade®, Powerade®, Propel®

Juices: white cranberry, white grape, apple, limeade, strained lemonade

Beverages: tea, coffee, Kool-Aid®, carbonated beverages, Enlive®, Boost Breeze®, water

Desserts: water ices, Italian ices, popsicles, Jell-O®

• At **4:00pm**, mix all of the 255g bottle or the 238 g bottle of Miralax® with 1 liter (approximately 4 ¼ cups) of water or Gatorade®, **(If you are a diabetic, you may ask your doctor about a substitute for Gatorade® such as Crystal Light® or any sugar free clear liquid)**

Stir/Shake the solution until the Miralax is dissolved. **Drink an 8oz glass every 10-15 minutes** until the solution is gone. Drinking the solution chilled and through a straw is helpful even though it is tasteless.

It is important that you drink fluids throughout the day!

PLEASE DO NOT smoke for 24 hours before undergoing your PillCam study.

It usually takes about an hour to begin to notice the diarrhea affect. You may notice some bloating or cramping at the beginning, but this gradually improves once the diarrhea begins. Occasionally, some nausea with vomiting may develop. The best remedy for this is to take a break from the Miralax® for about an hour to allow it to move downstream. Then resume drinking at a slower rate. It usually takes one hour to complete entire amount. The diarrhea generally continues for about an hour or two after completing the prep. Drinking the prep through a straw and chilling the solution improves tolerance.

INSTRUCTIONS CONTINUED ON THE REVERSE SIDE!

You may continue to drink clear liquids until 9:00P.M.

Morning of the PillCam Study:

- **DO NOT EAT OR DRINK ANYTHING! Your PillCam study may be cancelled if you do!**
- **DO NOT take any medication 2 hours before undergoing your PillCam study.**
You **may** brush your teeth.
- Male patients should shave their abdomen from 6 inches below the navel up to the nipple line prior to the procedure, due to sensor placement.
- Please wear a comfortable, two-piece outfit for ease of the sensor placement.
- You will have a pre-procedure interview the morning of your procedure by the PillCam Nurse. During this interview all questions will be answered prior to your informed consent.
- The sensors will be applied to your abdomen with adhesive pads and will be connected to the DataRecorder, which you will wear in a Velcro-belt around your waist. After that, you will be instructed to ingest the PillCam Capsule and drink 1-2 glasses of water.

After ingesting the PillCamCapsule:

- After ingesting the PillCam Capsule, you will not be able to eat or drink for at least 4 hours. At the end of the 2nd hour, you may take your morning medications with a small amount of water.
- After 4 hours you may resume your regular diet.
- After ingesting the PillCam Capsule and until it is excreted, you should not be near any source of powerful electromagnetic fields such as one created near an MRI device or amateur (ham) radio.
- You will return to the center 7 ½ hours after ingestion of the capsule**, unless otherwise instructed by the PillCam nurse. **DO NOT** disconnect the equipment or remove the belt at any time during this period. Since the DataRecorder is actually a small computer, it should be treated with utmost care and protection. Avoid sudden movements and banging of the DataRecorder.

Commonly asked Questions:

What side effects may I expect?

Since the prep works by flooding the intestinal tract with fluid, abdominal bloating and cramping may occur, as well as some nausea and vomiting. This is usually temporary, and as the diarrhea develops, symptoms will gradually improve. Weakness can also occur, especially if you have not taken enough fluid with the prep, and can be remedied by increasing fluid intake.

Will the prep interfere with my other medications?

Medications taken at least an hour before beginning the prep should be adequately absorbed, but thereafter, they are likely to be washed away by the prep.

Remember, stay close to the bathroom facilities and warn family members that the room belongs to you!!!

**Good Luck! This is the hardest part of the PillCam Study.
Questions??? Call Staci Anderson, RN or Jana Waller, RN at 371-1519**