

## **Video Capsule Endoscopy (Pill Camera) Preparation**

### **General Instructions**

1. Please read and follow these instructions carefully. A well-done preparation is important.
2. If you have any questions, please call the facility at which your procedure will be performed. Please see the end of these instructions for a listing of all applicable facilities and phone numbers.
3. Please continue to take vital medications such as blood pressure or seizure medications. Take these medications even the morning of your procedure. You may take these medications with a tiny amount of water if needed.
4. Do not eat or drink anything after midnight the night prior to your procedure. If you eat or drink anything after midnight the night prior to your procedure, your procedure may need to be rescheduled.

### **Items to Purchase and Prepare Prior to Your Video Capsule Endoscopy**

1. One 8-ounce bottle of MiraLAX. A generic form of MiraLAX is equivalent to name-brand MiraLAX.
2. One 32-ounce bottle of a Gatorade-like sport drink. Avoid red, blue, and purple liquids.
3. Desitin or A&D skin ointment to protect the skin around your bottom.

### **The Day Prior to Your Video Capsule Endoscopy**

1. Finish lunch by 2:00 pm.
2. After 2:00 pm, follow a clear-liquid diet. Drink a large amount of liquid the rest of the day; it's important to begin your preparation as well-hydrated as possible. Do not eat solid foods. Focus on water, broth, coffee, Jell-O, tea, bouillon, soda, Gatorade, Crystal Light, etc. Stay well-hydrated. Avoid dairy. Avoid red, blue, and purple liquids.
3. At 7:00 pm, mix the bottle of Gatorade and the bottle of MiraLAX in a large pitcher.
4. After mixing Gatorade and MiraLAX in a large pitcher, start drinking the Gatorade/MiraLAX mixture. Drink one 8-ounce glass every 15 minutes until the container is empty.
5. After your first bowel movement, apply a small amount of Desitin or A&D ointment to the skin around your bottom. Re-apply a small amount of ointment after every bowel movement to protect your skin.
6. Continue to drink clear liquids. Drink at least 2 to 3 glasses of water or an equivalent liquid (Gatorade, Crystal Light, etc.) prior to bed.
7. Do not eat or drink anything after midnight.

## **Endoscopy Facilities**

### **Central Utah Surgical Center**

(801) 374-0354  
1067 North 500 West Suite 100 Building B  
Provo, UT 84604

### **Timpview Surgical Center**

(801) 492-5994  
1175 East 50 South Suite 101  
American Fork, UT 84003

### **American Fork Hospital Endoscopy Department**

(801) 855-3361  
170 North 1100 East  
American Fork, UT 84003

### **Spanish Fork Hospital Endoscopy Department**

(385) 344-6011  
765 East Market Place Drive  
Spanish Fork, UT 84660

### **Utah Valley Hospital Endoscopy Department**

(801) 357-7743  
1034 North 500 West  
Provo, UT 84604

### **Mountain View Hospital Same Day Surgery**

(801) 465-7576  
1000 East 100 North  
Payson, UT 84651

### **Timpanogos Hospital Same Day Surgery**

(801) 714-6644  
750 West 800 North  
Orem, UT 84057