

Preparation for Endo Capsule

Arrive at HDH for your Endo Capsule on: _____ at: _____

Date:	Time:	Instructions:
Day before:	ALL DAY!	Nothing to eat! Clear liquids only the day before your scheduled procedure. See clear liquid form for more details
	7:00pm	Mix 7 capfuls (119 grams) of Miralax in 32oz of clear liquids. Drink all of the mixture
	9:30pm	Take 0.6ml of Mylicon / Simethicone drops with 8oz of clear liquids. Drink all of the mixture. This helps reduce bubbles in the GI tract for your Endo Capsule
	10:00pm	Nothing to drink, small sips of water allowed with needed medications
Day of:	Appt. time	Bring Mylicon / Simethicone drops and syringe with you to your appointment

Frequently asked questions:

- ❖ Will I need a driver?
 - No, as long as you feel comfortable driving yourself to and from the hospital for appointments.
- ❖ How long will the appointment take?
 - The appointment is on average about 10 minutes to go over instructions, get vitals, and swallow the capsule.
- ❖ How big of a bottle of Miralax do I need?
 - 8.3oz or larger
- ❖ Where are the Mylicon drops found in the store?
 - Baby aisle

Call IV Therapy with any questions 937-840-6650 or 937-840-6674

ANY BRAND OF THESE OPTIONS ARE FINE

DYE FREE!!



Found in baby aisle

Mylicon Drops (Simethicone) and Miralax (Polyethylene Glycol) are both needed for this test! Bring gas drops with you the day of your appointment!!



Purchase a 8.3oz bottle of Miralax or larger. You will take 1 single cap full after your appointment, the small bottle only has 7 cap full and you'll need 8 total

Clear Liquid Diet

*****NOTHING RED, ORANGE, BLUE, OR PURPLE*****

Prep Instructions for Endo Capsule:

- ❖ The day before your appointment you must begin a clear liquid diet as described below
- ❖ Nothing to eat or drink after midnight (NPO) going into the day of your appointment
- ❖ Remain NPO the morning of your appointment, please do not take any medications the morning of unless otherwise discussed with your provider. Medications can resume at 12pm the day of your appointment with a lite lunch. Specific instructions will be given to you the morning of your appointment.

Fruit Juices:

Apple, Cranberry, White Grape (NO ORANGE OR PINEAPPLE JUICE) Cranberry juice is a natural red and is permitted

Bouillon:

Chicken, Beef, or Vegetable

Coffee, Tea:

Sugar/sweetener is permitted. Only non-dairy creamers are permitted.

Soda/Pop:

Diet/zero sugar/regular are permitted NOTHING RED! (BIG RED, RED CREAM SODA, ect.)

Gatorade:

Green, Yellow, or clear only

Popsicles:

Lemon, Lime, Pineapple, Banana, Colorless

Jello:

Peach, Apricot, Lemon, Lime, Pineapple

Water

NO RED, ORANGE, BLUE, OR PURPLE FOOD DYES. IF UNSURE REFRAIN FROM CONSUMING IT. Check labels for added dyes. The dye coats the intestine and falsely looks like blood when no blood is present

NO SOLID FOOD, TOMATO PRODUCTS, ALCOHOL, MILK, OR MILK PRODUCTS. If you cannot see through it, do not drink it!