

## Capsule Bowel Prep Instructions

- **PURCHASE: MiraLAX or generic polyethylene glycol** - (8.3 oz/14 servings) to mix with drink below
- **Mylicon**® (simethicone) drops (smallest bottle possible)
- **Gatorade**® - One (1) 28 oz. bottle. (NOTHING RED OR PURPLE) - Sugar-free drinks (G2®, Pedialyte®, Powerade Zero®, Propel® or water) are also options. Additional clear liquids as noted below.

**Four (4) Days BEFORE Your Procedure: STOP oral iron supplements**

### The Day BEFORE Your Procedure:

- Eat a normal (not heavy) breakfast before 9:00 am. No solid food after this meal.
- **Drink at least 8 glasses** (64 oz) of **CLEAR** liquids throughout the day and evening. Clear liquids include: Water, sports drinks, black coffee, tea, any soda (light or dark), broth, Jell-O, popsicles, and juice without pulp. **NOTHING RED OR PURPLE.**
- **7:00 PM** Mix 7 capfuls of MiraLAX (119 grams) with 32 oz of Gatorade or water. Drink entire amount slowly over the course of an hour or two.
- **9:30 PM** take 0.6 ml of Mylicon® drops with 8 oz of water to reduce gas bubbles in the GI tract.
- **10:00pm** stop any further liquids. Small sips of water to take medication is allowed.

### Procedure Day:

- **DO NOT take regular medications.**
- **Two (2) hours before your appointment time**, mix 1 capful (17 grams) of MiraLAX with 8 oz of water or Gatorade. Drink entire amount.
- Bring your bottle of Mylicon to your appointment. Arrive promptly. You will drink 0.6 ml of Mylicon drops mixed in 8 oz. of water as you ingest the capsule.
- **Four (4) Hours AFTER ingesting** the capsule, mix 1 capful (17 grams) of MiraLAX with 8 oz of water or Gatorade. Drink entire amount.
- Enjoy a light lunch when you are ready. Document your lunch.
- Eat normally for dinner. No further diet restrictions are necessary.

**REMEMBER: The capsule is NOT DISPOSABLE.** You must retrieve it and use the provided FedEx envelope to send it to the lab for the recording download. **If you fail to retrieve the capsule, you will be billed \$475 - which cannot be billed to insurance.**

Find Additional Information and Instructions on Our Website

[www.GranitePeaksGI.com](http://www.GranitePeaksGI.com)



## IMPORTANT INFORMATION

*Please call us with any questions at 801-619-9000*

### Important Things to Know

- **STOP** oral iron supplements four (4) days prior to your test.
- **DO NOT** take your regularly prescribed medications until two (2) hours after ingestion of the capsule.
- Follow all instructions carefully to avoid a repeat test.
- Bring your bottle of Mylicon to your appointment

### Capsule Retrieval

- **Watch capsule retrieval instructions at: <https://bit.ly/CapsRetr>**
- The capsule will typically take 8-48 hours to pass. If you haven't passed the capsule at 72 hours after capsule ingestion, contact your physician.
- **Please follow the retrieval instructions, use the provided envelope to package the capsule, and drop it at any Federal Express location.**

### Suggestions for First Meal After Capsule Ingestion — Stay Under 500 Calories

- Salad w/light dressing
- Toast w/butter or plain bagel
- Hard-boiled egg or omelet
- Yogurt and fruit
- Oatmeal
- Applesauce
- Pudding or Cottage Cheese
- Soup and broth
- Cooked vegetable
- Small cup of white rice
- Protein bar