

## Capsule Endoscopy (CapsoCam) Instructions

### Important Notes:

- Endoscopies are most successful on a **COMPLETELY EMPTY STOMACH!** Please follow these instructions carefully.
- Bring a bottle of water, insurance cards, and photo identification to your appointment.
- Any cancellation/rescheduling within **5 business days** of scheduled procedure date may result in a penalty fee.

### One Day Before Procedure:

- Eat a normal breakfast and a light lunch.
- In the afternoon/evening: Do **NOT** consume any **SOLID** foods. **LIQUIDS ONLY.**
  - Examples include tea, water, clear juices, broth, Gatorade, soda, and plain jello.
  - Do **NOT** drink any dairy products, alcoholic beverages, or anything that is red, orange, or purple in color.
- At 9:30pm: take 0.6 mL of Mylicon drops with 8 oz of water.
  - Mylicon drops can be purchased over-the-counter.
- At 10pm: **NOTHING BY MOUTH.** All fluids for the day must be consumed by now.
  - If you take nighttime medications regularly, you can take your medications with a small sip of water.

### Morning of Procedure:

- If you take morning medications regularly, you can take your medications with a small sip of water at this time.

### 2 Hours Prior to Procedure:

- Please mix 1 capful (17 grams) of polyethylene glycol (Miralax or Clearlax) with a glass of water or Gatorade. Gatorade cannot be red, orange, or purple in color. Dissolve completely before drinking all contents.

### After Your Procedure:

- Consume **only fluids** for the next two hours.
- Four hours later, please mix 1 capful (17 grams) of polyethylene glycol (Miralax or Clearlax) with a full glass of water or Gatorade. Gatorade cannot be red, orange, or purple in color. Dissolve completely before drinking all contents.
- Then, you can consume a light lunch and a normal dinner.

### Results of endoscopy will be available in 2-3 weeks.

- Dr. Zheng will discuss the results with you during a virtual follow up appointment
- Results and recommendations will also be shared with your primary care provider.

To learn more about your procedure and CapsoCam technology, you may visit our website at [www.yizhengmd.com](http://www.yizhengmd.com).

If you have any questions or concerns, please call our office at (925) 384-9276.