



Instructions for CapsoCam PLUS

NOTE: If taking an oral iron supplement, please stop this 4 full days prior to the test.

Day Before Procedure:

- Breakfast followed by a light lunch, then begin clear liquid diet until 10pm the night before the procedure (nothing red to drink).
- Take 17 grams of Miralax (1st packet) with full glass of water at bedtime or 10pm.
- Nothing to drink after 10pm (small sips of water with medications if necessary).

Day of Procedure:

- Hold medications until 2 hours after ingestion of capsule unless your doctor deems it necessary, then take small sips of water with medications.
- Take 17 grams of Miralax (2nd packet) with full glass of water two (2) hours prior to appointment.
- Drink two (2) 8oz. glasses of water during the next two hours.
- Arrive at approximately _____ am/pm on _____.
- **OPTIONAL (NURSES):** To reduce bubbles in the GI tract, squirt 1.2ml or 1 dropper-full of Simethicone (Mylicon) in a small cup of water.
- Capsule ingested at _____ am/pm.
- Resume clear liquids 2 hours after ingesting capsule or _____ am/pm.
- Take 17 grams of Miralax (3rd packet) with full glass of water prior to first meal.
- Resume solid foods (light lunch) 4 hours after ingesting capsule or _____ am/pm.

Important Patient Information:

- The capsule will typically take 8-48 hours to be excreted, providing regular bowel movements. If you haven't passed the capsule 72 hrs. after capsule ingestion, contact your physician.
- Please adhere to the instructions for returning of the capsule via Fed-Ex shipping or returning it to the office, based on what you have been instructed.
- Visit <http://www.capsovision.com/products/capsoretrieve> to watch the retrieval video instructions if desired.
- To avoid a repeat of this study, please adhere to your retrieval instructions until capsule is retrieved. Continue to use the strainer provided for every bowel movement until capsule is retrieved.

If you have any questions before, during or after the procedure, please call: