

Poneh Rahimi, MD

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CAPSULE ENDOSCOPY

Appointment Date: _____

Time of Arrival: _____

Place of Service: 26921 Crown Valley Parkway, Ste 203, Mission Viejo, CA 92691

WHAT IS A CAPSULE ENDOSCOPY?

Capsule Endoscopy is a miniature capsule used to record images through the small intestine.

ONE WEEK BEFORE EXAM:

- **Avoid iron and fiber supplements at least 5 days before exam.**
- **You will need to purchase Miralax, and Gas-X, at any store or pharmacy, both are available over the counter.**
- **If you have excess hair on the stomach or abdominal area, you may want to shave a few days prior so adhesive tape can be easily applied and removed.**

DAY BEFORE EXAM:

1. DRINK ONLY CLEAR LIQUIDS FOR DINNER. NO SOLID FOODS.

- Clear liquids include all of the following: Fruit juices without pulp (apple juice, white grape, etc.) water, clear broth, and bouillon, tea (without milk or nondairy creamer) Gatorade, Smart Water, carbonated and non-carbonated soft drinks, plain Jell-O (without added fruit or toppings) and popsicles sticks.

NO RED OR PURPLE COLORED LIQUIDS!

- **8:00 PM:** Mix 17 grams, or one serving, of Miralax (can be purchased over the counter) in 8 oz. of water, Gatorade, or apple juice and drink it over 5-10 minutes. Follow with four 8oz. cups of water or Gatorade every 10 to 15 minutes. Remain close to toilet facilities. Nothing to eat or drink after midnight!

DAY OF PROCEDURE:

- **5:00 AM:** Mix 17 grams, or one serving, of Miralax (can be purchased over the counter) in 8 oz. of water, Gatorade, or apple juice and drink it over 5-10 minutes. Then, drink two 8 oz. cups of water or Gatorade every 10 to 15 minutes. Then, take two (2) Gas-X tablets (can be purchased over the counter). Follow with four 8oz. cups of water or Gatorade every 10 to 15 minutes. Please do not eat or drink anything ELSE the morning of exam.
- Please arrive for your appointment 5 minutes prior so the procedure will start on time.
- You will be asked to sign a consent form and a post procedure instruction form.

If you have any questions or need to reschedule your appointment, please call our office at (949) 364-2536. If you need to cancel, please call the doctor's office 72 hours ahead of time.