

VIDEO CAPSULE STUDY APPOINTMENT

PRIOR TO YOUR TEST YOU WILL NEED FROM THE PHARMACY

- One 4.1oz bottle (119 gm) of MIRALAX POWDER (OTC).
- One 32oz bottle of GATORADE. If you are diabetic, use CRYSTAL LIGHT instead of Gatorade.
- Four DULCOLAX Tablets (OTC). Make sure they are the laxatives and not the stool softeners.

THE DAY BEFORE THE PROCEDURE

You may have a regular breakfast & take your medications.

AFTER 11:00AM: Clear Liquids Only. No Milk or Dairy.

- Water
- Juices without pulp (apple, white grape, lemonade)
- Gatorade
- Lemon or Lime Water Ice, Popsicles or Jell-O
- Clear Broth
- Soft Drinks
- Chicken Bouillion
- Coffee or Tea (without milk or cream)

YOU MAY NOT HAVE:

- Anything red, orange or purple in color

AT 2:00PM Take the 4 Dulcolax tablets with a glass of water. Mix the 4.1oz bottle of Miralax into the 32oz bottle of Gatorade or Crystal Light. Shake well until the powder is completely dissolved and place in the refrigerator.

STARTING AT 4:00PM Drink an 8oz glass of the Miralax mixture every 20 minutes until finished. You should continue to have plenty of clear liquids throughout the day until 10 pm.

AFTER 10:00PM Nothing to eat or drink. You may take your evening medications at this time.

MORNING OF THE TEST Drink an 8oz bottle of water. You may take your morning medications at this time. Bring an 8oz bottle of water with you to your appointment.

IF YOU HAVE ANY QUESTIONS – PLEASE CALL THE OFFICE