

PillCam Prep

21 DAYS BEFORE OR AS SOON AS POSSIBLE:

Purchase the following supplies from your local pharmacy over the counter for **MIRALAX/GATORADE PREP:**

- **One (1) - 8.3 ounce bottle of Polyethylene Glycol (PEG) 3350 Powder** (MiraLAX, SmoothLAX, ClearLAX or generic equivalent)
- **64 oz. Gatorade®/Powerade®** (No red colors)

PREPARATION: For your safety, **STOP** consuming all liquids and nothing by mouth 3 hours prior to your procedure or your procedure will be cancelled and rescheduled. Please follow detailed instructions below.

Important, please review this section if you take a medication called a GLP-1 agonist (such as Ozempic, Weygovy, Trulicity, Rybelsus, Saxenda, Byetta or others) **or an SGLT-2 Inhibitor** (Invokana, Farxiga, Jardiance, Steglatro) for weight loss or diabetes. If you take these medications, then you should hold your medication according to the following guidelines:

GLP-1 Agonists (Ozempic, Weygovy, Trulicity, Rybelsus, Saxenda, Byetta or others):

- For once or twice daily injectables (example Byetta, Victoza, Saxenda), hold the day before and day of the procedure.
- For once weekly injectables (example: Trulicity, Ozempic, Weygovy, Bydureon, Mounjaro), hold for 7 days before the procedure.
- For oral, daily dosing (example: Rybelsus), hold for 7 days before the procedure.

SGLT-2 Inhibitors (Invokana, Farxiga, Jardiance, Steglatro):

- Hold for 4 days before the procedure

If you take these medications for diabetes, then you need to contact your primary care team or endocrinologist for glucose management instructions.

If you are having an EGD (upper endoscopy) and take these medications, then you should start a clear liquid diet **24 hours** before your procedure. This will be different from your instructions that say to start a clear liquid diet at 11:45 PM the night before. For example, if your procedure is at 8:00 AM, then you should start a clear liquid diet at 8:00 AM the day before. Make sure to follow the NPO instructions (nothing by mouth 3 hours before your procedure). Holding these medications and staying on the clear liquid is important for us to safely complete your procedure.

Cancel or Reschedule Your Appointment:

If you are having flu-like symptoms (such as fever, cough, shortness of breath) within 14 days of your appointment please call to reschedule. If you have any newly diagnosed medical condition (like diverticulitis, heart problems, breathing problems), please call our office. If you need to cancel or reschedule for any other reason, call 612-871-1145 at least 72 hours prior to your appointment.

7 DAYS BEFORE:

- **STOP** iron supplements, including multivitamins.

1 DAY BEFORE:

- Begin clear liquid diet **at noon**. See “**Clear Liquid Diet**” information below.
- **Between 4-6pm:** Drink Miralax – Gatorade/Powerade preparation
 - Mix one (1) 8.3 oz. bottle of Miralax with 64 fl. oz. of Gatorade/Powerade.
 - Drink one (1) 8 fl. oz. glass of the Miralax – Gatorade/Powerade mixture every 15 minutes until the liquid is gone.
- After completing the Miralax/electrolyte colon preparation, continue with a Clear Liquid Diet.

DAY OF YOUR PROCEDURE:

- **DO NOT** eat any solid food
- Stay on clear liquid diet (no red). See “**Clear Liquid Diet**” information below.
- If you take daily medication, you may do so up until 3 hours before your procedure time. Our staff will discuss your medication schedule when you arrive.
- We will be placing a medium-sized belt with sensors across your abdomen, over your clothing. Please wear an upper garment of thin, natural fiber cloth (such as a T-shirt) that is long enough to reach the hip level. Both the belt and the recorder will be visible. You may return to work if your work allows you to avoid unsuitable environments and/or physical movements.
- **Scheduled MRI:** If you are scheduled for an MRI: After ingesting the capsule and until it is excreted, you should not have a Magnetic Resonance Imaging (MRI) examination or be near an MRI machine.

3 HOURS BEFORE YOUR PROCEDURE:

- **DO NOT** take anything by mouth.
 - **DO NOT** have: lozenges, gum, hard candy, or breath mints. **If you do, your procedure will be cancelled.**

Are You Ready?

When you are finished with your prep, you should not have any solid stool - stool should be clear/yellow/tea colored liquid. You should be able to see to the bottom of the toilet bowl. If you are unsure whether your colon is cleaned out, please call our office at 612-871-1145 before you leave for your appointment.

Clear Liquid Diet

- For more details on following a clear liquid diet, please see <https://www.mnqi.com/conditions/clear-liquid-diet>.
- Clear liquids are anything that you can see through (NO red).
- Examples of a clear liquid diet include: water, clear broth or bouillon (gluten-free options available), Gatorade, Pedialyte or Powerade, carbonated and non-carbonated soft drinks (Sprite, 7-Up, Ginger ale), clear juices (apple, white grape, white cranberry), Jell-O, popsicles, and up to one (1) 8 fl. oz. cup of dark soda, black coffee or tea (no milk or cream) each day.
- **DO NOT use or drink the following on a clear liquid diet:** red liquids, alcoholic beverages, dairy products, protein shakes, cream broths, juices not listed above, products that have oil, or chewing tobacco. **If you do, your procedure will be cancelled.**

Colon Emptying Tips:

- Drink plenty of fluid to prevent dehydration.
- Stay near a toilet because you will have diarrhea.
- Even if you are sitting on the toilet, keep drinking the mixture every 15 minutes.
- If you feel nauseous or vomit, rinse your mouth with water, take a 15 to 30-minute break and then keep drinking the mixture.
- If you have had nausea or vomiting with previous colonoscopy preps or if you think you will have an issue, start earlier and go slower with the prep. For example, start prep at 3:00pm and drink the mixture every 20-30 minutes.
- You will be uncomfortable until the stool has emptied from your colon (in about 2-4 hours).
- You may feel cold or have chills.
- Allow extra time to get to your procedure as you may need to **STOP** and use a restroom along the way. You may want to wear disposable underwear.

For detailed information about your procedure please visit

<https://www.mnqi.com/search/patient-services>