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: Read this section only if you take diabetes or weight loss medications. This only includes **GLP-1** medications (Ozempic, Wegovy, Trulicity, Rybelsus, others) or **SGLT-2** medications (Invokana, Farxiga, Jardiance, Steglatro).

If you take these medications:

- ☐ **STOP** your medication according to the guidelines in this section
- ☐ **Start a CLEAR LIQUID DIET at least 24 HOURS before your procedure**
  - This may be earlier than the standard instructions (which start at 12:00 PM the day before your procedure)
    - Example: Procedure at **8:00 AM** - Start clear liquids at **8:00 AM the day before**

GLP-1 Medications

- ☐ **Daily injections** (such as Victoza):
  - Stop the **day before and the day of your procedure**

- ☐ **Weekly injections** (such as Trulicity, Ozempic, Wegovy, Bydureon, Mounjaro):
  - Stop **7 days before your procedure**

- ☐ **Oral tablets** (such as Rybelsus, Wegovy, Foundayo):
  - Stop **7 days before your procedure**

SGLT-2 Medications

- ☐ **Oral tablets** (such as Invokana, Farxiga, Jardiance, Steglatro):
  - Stop **4 days before your procedure**

If you take GLP-1 or SGLT-2 medicines for diabetes:

- Call your primary care provider or diabetes doctor (endocrinologist) for blood sugar instructions

Holding these medications and following a clear liquid diet helps keep you safe during your procedure and helps prevent cancellation.

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 conditions (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 YOUR PROCEDURE:

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

1 DAY BEFORE YOUR PROCEDURE:

- **STOP** eating solid food at **12:00pm**
- **BEGIN** clear liquid diet (only liquids you can see through- no red)
    - **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. Clear liquids **ONLY**
- **DO NOT HAVE:** dairy (including coffee creamer), alcohol, oils or pulp
- **DO NOT USE:** chewing tobacco, THC, marijuana, or illegal drugs
- **DO NOT TAKE:** any chewable vitamins or supplements.

If you do not follow these instructions, your procedure will be cancelled

- You may take daily medications **3 hours BEFORE your procedure.** Use a small sip of water only.
    - This includes:
        - Heart and blood pressure medications
        - Blood thinners **(unless you were told to stop)**
        - Methadone
        - Anti-seizure medications
- We will place sensors on your abdomen. **Do not apply lotion to your abdomen for at least 12 hours before your procedure.** Also, do not place any medication patches or pumps on your abdomen.
- Wear a thin, natural-fiber top (such as a T-shirt) that reaches your hips, along with loose-fitting pants. You may need to wear a visible recorder belt during the test.
- You may return to work after the procedure **only if** your job does not require exercise, heavy lifting, exposure to MRI machines, or radio transmitters.
- You will be able to drive yourself home after the test.

- **If you are scheduled for an MRI:** After ingesting the capsule you should not have a Magnetic Resonance Imaging (MRI) examination or be near an MRI machine until it passes out of your body.

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.mngi.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.mngi.com/search/patient-services