

# Pediatric PillCam Small Bowel Prep

## **21 DAYS BEFORE OR AS SOON AS POSSIBLE:**

Purchase from your local pharmacy over the counter:

- One (1)– 8.3 ounce bottle of Polyethylene Glycol (PEG) 3350 Powder**
  - (MiraLAX, SmoothLAX, ClearLAX or generic equivalent). You will need at least 7 capfuls or 119gm.
  
- 32 oz. Gatorade® (NO red coloring)**  
(Regular Gatorade®, Gatorade G2®, Powerade®, Powerade Zero®, Pedialyte, Propel®, Liquid IV)

**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.

- Ensure a legal parent or guardian will be available the day of the procedure

## **Cancel or Reschedule Your Appointment:**

If the patient is having flu-like symptoms (such as fever, cough, shortness of breath) within 14 days of your appointment please call to reschedule. If the patient has any newly diagnosed medical conditions (like 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 taking fiber and iron supplements. This includes multivitamins with iron, Metamucil® and Fibercon®.

## **1 DAY BEFORE**

- STOP** eating solid foods and begin clear liquid diet at **12:00pm**. See “Clear Liquid Diet” information below.
- Between 4-6pm:** Drink Miralax – Gatorade preparation
  - Mix half (1/2) bottle (7 capfuls or 119mg) of Miralax with 32 fl. oz. of Gatorade.
  - Drink one (1) 8 fl. oz. glass of the Miralax – Gatorade mixture every 15 minutes until the liquid is gone.
- After completing the Miralax/Gatorade colon preparation, continue with a Clear Liquid Diet.

## **DAY OF THE PROCEDURE (Continues on next page)**

- DO NOT** eat any solid food, use any chewing tobacco, THC, marijuana or illegal drugs. **If you do, your procedure will be cancelled.**
- Stay on clear liquid diet (no red). See “**Clear Liquid Diet**” information below.
- If the patient takes daily medication, they may do so up until 3 hours before your procedure time.

- This includes heart and blood pressure medications, blood thinners (if you have not been told to **STOP** these by our office), methadone, and anti-seizure medications.
- **DO NOT** take any chewable vitamins or supplements.
- A belt with sensors will be placed across the patients abdomen, over their clothing. Please have them 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.
- **Scheduled MRI:** If the patient is scheduled for a MRI: After ingesting the capsule and until it is excreted, they should not have a Magnetic Resonance Imaging (MRI) examination or be near a MRI

### **3 HOURS BEFORE THE PROCEDURE TIME**

- **DO NOT** take anything by mouth.
  - **DO NOT** have: lozenges, gum, hard candy, or breath mints. **If they do, the procedure will be cancelled.**
- Allow extra time to travel to the procedure as your child may need to STOP and use a restroom along the way.

### **Are you ready?**

The patient is ready for the exam, if they followed all instructions and their stool is no longer formed. If you are unsure whether their colon is clean, 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>.
- To meet energy needs, please include liquids that both contain sugar as well as those without. If your child is a diabetic, consult your physician for a diabetic meal plan.
- 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.**