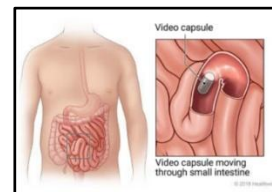


Thank you for choosing Duke Health for your healthcare needs. Your provider ordered a Video Capsule Test for you. Please review the information about your procedure to prepare for it. If you have questions about your test or prep, please call Duke Gastroenterology (GI) at (919) 684-6437. You can review your prep information at <https://gi.my.dukehealth.org/> and select GI Tests.



What is a Video Capsule Endoscopy (VCE)?

During a VCE, you will swallow a video capsule and wear a recording device. The recording device is an adhesive pad that will be applied to your abdomen. The capsule is the size of a vitamin. During the test, the capsule takes pictures of your small and large intestines. The capsule transmits the pictures to the recording device. The capsule will pass through your stool and be flushed down the toilet. **You must return the recording device to the clinic.** The clinic team will provide you with instructions on removing and returning the recording device. The VCE test lasts 8 to 12 hours. During testing, you can return home or go to work.

Planning for Your Test

Two (2) weeks before your test

- If you have any questions about this test or preparation (prep) call Duke GI at (919) 684-6437.
- Review the procedure location (address), date, and arrival time.
- Plan to be in the GI department for your procedure for about 30 minutes.
- Put these procedure instructions in a safe place, like on your refrigerator.
- Purchase your bowel test supplies.

Shopping List - Prep Items

Your GI Procedure prep is the VCE MiraLAX bowel prep. This is an over-the-counter prep. You can purchase all your prep supplies at any pharmacy or grocery store.



- One (1) bottle of MiraLAX® powder – 8.3 ounces (generic options ClearLax or SmoothLax)
- Two (2) 28-ounce bottles of low-sugar sports drinks. (Examples: Gatorade Zero®, Hydralyte®, Pedialyte®, or Powerade Zero Sugar®). ****Do not buy Red or Purple fluids.****
- Purchase Two (2) Non-flavored or Peppermint chewable Simethicone tablets - 125 mg (Gas-X SoftGels®). **Bring the tablets with you to the clinic for your procedure.**
- Assorted clear liquids to drink the day before and the day of your procedure.

SEVEN (7) DAYS Before Your Procedure

- Stop taking iron pills and or any other supplement with iron.

TWO (2) DAYS Before Your Procedure

- Do not** eat foods high in fiber like beans, vegetables, nuts, or seeds.
- Stop** taking fiber supplements like Metamucil®, Citrucel®, and Fiberall®.



ONE (1) DAY Before Your Procedure

- Stop taking** antacid medications like Tums, Roloids®, Pepto-Bismol®, or Carafate®.
- Eat a light breakfast and lunch. DO NOT eat any food after 12 pm (noon).**
- After 12:00 (noon), drink only clear liquids like ginger ale, tea, chicken, vegan or beef broth, and gelatin. **Do Not** drink any fluids that are red or purple. Clear liquid options are listed below.

- Mix the laxative prep solution following these steps:
 1. Add 7 capfuls of MiraLAX powder and one (1) 28-ounce bottle of sports drink into a container (pitcher).
 2. Stir the mixture well and put the container into the refrigerator.
 3. At 5:00 p.m., remove the prep solution from the refrigerator and mix well.
 4. Using a straw, drink one (1) glass of the solution every 10 minutes until it is gone.
- Stay near a bathroom. In a few hours, you will begin to have many bowel movements.
- Before bed, add seven (7) capfuls of MiraLAX powder and one (1) 28-ounce bottle of sports drink into a container (pitcher). Stir the mixture well, then place the pitcher in the refrigerator. This is the morning bowel prep solution.
- Continue to drink clear fluids until you go to bed.



The Day of Your Procedure

- Do not eat or drink anything except your prep solution.**
- Take your morning medicines with a few sips of water.
- At 6 a.m., remove the prep solution from the refrigerator and mix well.
- Using a straw, drink one (1) glass of the solution every 10 minutes until it is gone. Drink the prep solution within one hour.
- Bring the two (2) Non-flavored or Peppermint chewable Simethicone tablets - 125 mg (Gas-X SoftGels®) to the clinic with you.
- Wear loose, comfortable 2-piece clothing. Do not wear belts, dresses, or pantyhose.
- Do not apply any creams, lotions, or perfumes to your skin.
- Do not bring any food or snacks to the clinic.**
- The GI staff will review your testing and diet instructions with you after you swallow the capsule in the clinic.

Examples of Light Food to eat for breakfast and lunch ONE (1) DAY Before Your Procedure

- Scrambled eggs
- Soup
- Gelatin, Yogurt, and Pudding
- Mashed Potatoes and Cooked Rice
- Cereal
- Toast

Follow this list of low-fiber foods for five (5) days before your procedure

Low Fiber Food Examples	Start your low-fiber diet FIVE (5) days before your procedure
Milk and Dairy	Milk, cream, cheese, cottage cheese, yogurt, and protein drinks
Bread and Grains	White rice, white bread, and plain crackers (saltines or Ritz) Low-fiber cereals (Rice Krispies, Cream of Wheat, Cornflakes)
Meats and Protein	Chicken, Turkey, Pork, Veal, Fish, Shellfish, Eggs, and Tofu Smooth Peanut Butter or Almond Butter Chicken, beef, or vegetable broth, consommé, and strained soups
Fruits	Fruit juice without pulp Applesauce Cantaloupe and honeydew melon Peeled Apricots and peaches Canned or cooked fruit without seeds or skin
Vegetables Canned or Cooked	Peeled carrots Mushrooms Peeled potatoes
Desserts without fruit	Plain Custard, pudding, ice cream, sherbet, or gelatin

Preparation Information and Frequently Asked Questions (FAQs)

I am diabetic. Should I change my insulin or diabetes medicine during the clear liquid diet?

Contact your diabetes provider to ask how to adjust your medicines or insulin for this procedure.

What are examples of high-fiber foods? High-fiber foods include all fruits, vegetables, nuts, seeds, whole-grain bread, beans, and lentils.

What if I lose my prep information? Log in to My Duke Health to review your prep instructions or call Duke GI Help at (919) 684-6437.

Will I feel the capsule moving inside me?

No. You will not feel the VCE capsule as it travels through your digestive system.

What happens to the capsule? Do I need to retrieve it?

The capsule is disposable and passes naturally in your bowel movement. You usually **do not** need to retrieve it.

Do I need to bring any supplies with me for my VCE test? Bring the two (2) Non-flavored or Peppermint chewable Simethicone tablets - 125 mg (Gas-X SoftGels®) to the clinic with you. Do not bring any food or drinks to the clinic.

Do I need a driver for this appointment? No, you do not need a driver for this test.