

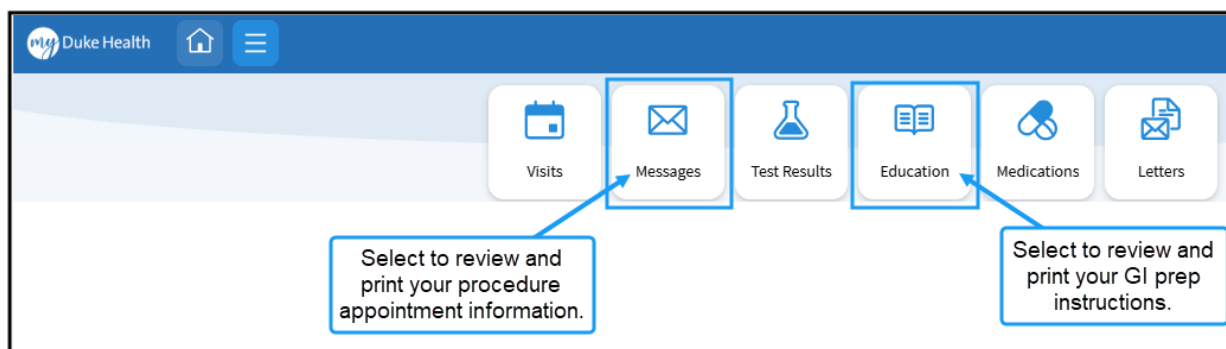
Thank you for choosing Duke Health for your healthcare needs. Your provider ordered an Upper GI Endoscopy with Video Capsule (VCE). Please review the information about your procedure to help you prepare. You must complete a bowel preparation (prep) for this procedure. A bowel prep removes stool from your colon. Your provider selected your bowel prep based on your health history. Your prep is MiraLAX Extended bowel prep. If you have questions about your procedure, appointment, or prep, please call Duke Gastroenterology (GI) at (919) 684-6437.

What is an Upper Endoscopy (EGD) with Video Capsule?

An EGD is an exam of your upper GI tract (esophagus, stomach, and duodenum). The doctor will insert a flexible tube through your mouth and pass it into your small intestine. The doctor may also perform additional tests, such as taking tissue samples (biopsies) and removing polyps. During the EGD, the doctor will place the video capsule in your stomach. The capsule takes pictures of your small and large intestines for about 8 -12 hours. 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 instructions for removing and returning the recording device. The VCE test lasts 8 to 12 hours.

Planning for Your Procedure – At least TWO (2) WEEKS Before Your Procedure

- **Please plan to keep the entire day open for your procedure, as your arrival time may be updated. If your arrival time is changed, we will call you. The call may come from an unknown number.**
- Log in to your My Duke Health account to review your procedure appointment and preparation details.
- Select the *Messages* icon to review and print your appointment letter. This letter includes your procedure location, date, and arrival time.
- Select the *Education* icon to review and print your GI procedure preparation instructions.
- Put your appointment letter and procedure prep instructions in a safe place, like on your refrigerator. Review the information on confirming your procedure.
- Ask a family member or friend to drive you to your procedure, **stay with you**, and drive you home. Your driver needs to stay in the endoscopy department during your procedure. Your driver must be an adult over 18 with a valid driver's license. You cannot go home in a taxi, bus, or ride-share.
- For their safety, children are not allowed in the procedure area. Please make childcare arrangements.
- Plan to be in the GI department for about 2 to 4 hours, depending on your scheduled procedure.
- Since you will receive IV sedation for your procedure, you cannot drive or work for the rest of the day.
- If you have diabetes, contact your diabetes provider to ask if you need to adjust your medicine or insulin.
- If you take medicine that thins your blood, ask your provider if and how long you need to hold your medicine. (Examples Coumadin, Pradaxa, Eliquis, Xarelto, Plavix, Effient, or Brilinta).



Confirmation Process: Confirm your appointment date and time at least two (2) weeks before your procedure.

You can only confirm in any one of the following ways:

- My Duke Health account: Log into your account 14 days before your procedure and follow the steps to confirm your procedure.
- Care Convoy app: Download the app, log in, and select "Confirm Procedure."
- Through the GI team: Reply to the message from the GI team in your My Duke Health account or answer/return our phone call to confirm your procedure.
- Important: If you do not confirm your procedure, it will be canceled.



GI Procedure Support

- Duke GI offers patients free access to the Care Convoy® mobile health app. This app was created for Duke GI patients to support you through your GI procedure.
- Care Convoy® provides step-by-step guidance for your preparation. It helps you understand what to do and when. You can also confirm your procedure appointment in the app.
- Download the app from Google Play or the Apple App Store by using this QR code. You may also receive an email from Care Convoy® with instructions on how to download and use the app.



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 labeled 4.2 ounces or 7 doses (Generic: 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 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.

Step-by-Step Prep Instructions

SEVEN (7) DAYS Before Your Procedure

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

FIVE (5) DAYS Before Your Procedure

- ☐ Stop taking Fish Oil supplements.

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

- ☐ **Do not eat any food today.** You can drink clear fluids all day. Clear liquid options are listed below.
- ☐ **Stop taking** antacid medications like Tums, Roloids®, Pepto-Bismol®, or Carafate®.
- ☐ Stop using any chewing tobacco until after your procedure tomorrow.
- ☐ Mix the laxative prep solution following these steps:
 1. Add ONE (1) capful 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.
- ☐ Continue to drink clear fluids until you go to bed.

The Day of Your Procedure

- ☐ **Do not eat any food today.**
- ☐ Do not chew anything, including mints, candy, or gum.
- ☐ Follow your provider's instructions and take your medicines with a sip of water.
- ☐ FOUR (4) hours before your procedure time, STOP drinking all liquids.
- ☐ Bring the two (2) Non-flavored or Peppermint chewable Simethicone tablets - 125 mg (Gas-X SoftGels®) with you to your procedure appointment.
- ☐ Wear loose, comfortable 2-piece clothing. Do not wear belts, dresses, or pantyhose.
- ☐ Do not use any tobacco or tobacco products, including smokeless tobacco, cigars, pipes, e-cigarettes, or vapes.
- ☐ Do not apply any lotions, perfume, make-up, or hair products.
- ☐ Do not wear contact lenses.
- ☐ Do not wear any jewelry. Leave all valuables at home.
- ☐ Remove ALL facial and body piercings and jewelry before arriving for your procedure. Any piercings or jewelry that cannot be removed after arrival may result in the cancellation of your procedure.
- ☐ Bring a government-issued ID and your insurance card(s), and any required co-payment.



Clear Liquid Examples

You can drink any of these fluids (liquids) the day before your procedure.

All fluid must be light in color and not red or purple.

- Water
- Tea and black coffee without any milk, cream, flavor, non-dairy, or powdered creamer
- Flavored or coconut water without red or purple color
- Clear, light-colored juices such as apple, white grape, lemonade without pulp, and white cranberry
- Clear broth, including chicken, beef, or vegetable
- Sodas or Seltzer such as Mountain Dew®, Ginger-ale, Sun-drop®, or 7-Up®,
- Sports drinks such as Gatorade Zero®, Hydralyte®, Pedialyte®, Powerade Zero Sugar® or Propel®, or Boost® Breeze Tropical Juice drink
- Popsicles without fruit or cream
- Jell-O® or other gelatin without fruit

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

Prep Frequently Asked Questions (FAQs)

If you have a **Pacemaker or Internal Defibrillator**, bring your device information card to your anesthesia and EGD appointment. When you check in for your procedure, give the device card to your nurse.

If you do not or cannot accept blood products in an emergency, please call The Duke Center for Blood Conservation at (919) 668-2467 one week before your procedure.

I am diabetic. Should I change my insulin or 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.

Is alcohol, wine, or beer an acceptable clear liquid? No, alcohol, wine, and beer are not clear liquids. Do not drink any alcohol the day before your procedure.

What if I lose my prep information? Log in to My Duke Health, select Digital Care to print your instructions, or call Duke GI for help.