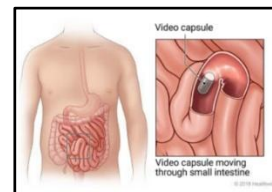


Thank you for choosing Duke Health for your healthcare needs. Your provider ordered a Video Capsule Test for you. Please review the information about your procedure to help you prepare. If you have questions about your test or prep, please call Duke Gastroenterology (GI) at (919) 684-6437. You can review 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 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 instructions for 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

- Log in to your My Duke Health account to review your appointment and prep information.
- Select the *Visits* icon, then select the GI Video Capsule Endoscopy appointment. Select the blue hyperlink to review and print your prep instructions.
- Put your prep instructions in a safe place, like on your refrigerator.
- Plan to be in the GI department for your procedure for about 30 minutes.
- Purchase your prep supplies for this test.
- If you have any questions about this test or preparation (prep), call Duke GI at (919) 684-6437.

### Appointment Instructions

Visit Type: GI VIDEO CAPSULE ENDOSCOPY  
Patient Instructions: GI VIDEO CAPSULE ENDOSCOPY  
Please select the link to view and print your testing instructions. It is important to review your test prep at least two weeks before your test.

[Video Capsule Endoscopy](#)

## 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) 8-ounce bottles of low-sugar sports drinks. (Examples: Gatorade Zero®, Hydralyte®, Pedialyte®, or Powerade Zero Sugar®). **\*\*Do not buy Red or Purple fluids.\*\***
- ☐ 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. Do not buy coated tablets.**
- ☐ Assorted clear liquids to drink the day before and the day of your procedure. See list below.



## Step-by-Step Prep Instructions

### SEVEN (7) DAYS Before Your Procedure

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

### TWO (2) DAYS Before Your Procedure

- ☐ **Stop** eating high-fiber foods like beans, vegetables, nuts, or seeds.
- ☐ **Stop** taking fiber supplements like Metamucil®, Citrucel®, and Benefiber®.



### 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.
- ☐ At 6:00 PM, mix 1 capful (17 grams) of MiraLAX powder into 8 ounces of a sports drink. Mix well.
- ☐ Drink the prep solution over 15 minutes.
- ☐ 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 6:00 AM, mix 1 capful (17 grams) of MiraLAX powder into 8 ounces of a sports drink. Mix well.
- ☐ Drink the prep solution over 15 minutes.
- ☐ Bring 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/tights.
- ☐ 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 foods 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**

| <b>Low Fiber Food Examples</b> | <b>Start your low-fiber diet FIVE (5) days before your procedure</b>                                                                                                     |
|--------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 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)<br>Low-fiber cereals (Rice Krispies, Cream of Wheat, Cornflakes)                                          |
| Meats and Protein              | Chicken, Turkey, Pork, Veal, Fish, Shellfish, Eggs, and Tofu<br>Smooth Peanut Butter or Almond Butter<br>Chicken, beef, or vegetable broth, consommé, and strained soups |
| Fruits                         | Fruit juice without pulp<br>Applesauce<br>Cantaloupe and honeydew melon<br>Peeled Apricots and peaches<br>Canned or cooked fruit without seeds or skin                   |
| Vegetables<br>Canned or Cooked | Peeled carrots<br>Mushrooms<br>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 two (2) Unflavored or Peppermint chewable Simethicone tablets, 125 mg (Gas-X SoftGels®), to the clinic the day of your test. **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.