

EGD with Video Capsule Drop-In Instructions

You are scheduled for a Video Capsule Drop-in with an EGD. An EGD, upper scope, or upper endoscopy are all short for a procedure known as an Esophagogastroduodenoscopy. This is a diagnostic procedure that allows for the physician to diagnose problems within your digestive system. It works by placing a tiny camera in your digestive tract. The capsule will take thousands of pictures and send them to a data recorder. The capsule will pass normally in your stool in a few days. If you have any additional questions regarding why you are scheduled for this type of procedure, please reach out to the provider that requested your procedure directly.

Please read the instructions closely.

Preparing for your procedure

You will need to pick up:

- 1 bottle of MiraLAX or generic equivalent (available in any pharmacy near laxatives)

7 days before your procedure

- Stop taking any oral iron.

Day before your procedure

- Breakfast will be your only regular meal of the day.
- Following breakfast, you will need to follow a clear liquid diet the rest of the day prior to your procedure.
- No solid food is allowed. We recommend drinking something from the below list of clear liquids to make you feel less hungry, and make the prep easier for you.
- Do not consume any beverages that are red or use red dye.

Examples of acceptable clear liquids:

- Soups such as clear bouillon, chicken broth, vegetable broth, beef broth, or consommé.
- Beverages such as tea, coffee (no dairy cream/milk), crystal light, carbonated beverages such as soda water, electrolyte beverages such as Gatorade.
- You may add sugar and artificial sweetener to your coffee or tea.
- Juices such as apple, white grape, or white cranberry juice.
- Orange juice and grapefruit juice are **not** clear liquids and should be avoided.
- Sweet treats such as Italian ices, popsicles without milk, or Jell-O.

Around 4:00 pm the day before your procedure

- Take MiraLAX / Glycolax 3 capfuls diluted in 16 oz of water within 1/2 hour. Continue drinking clear liquids.

Day of your procedure

- Take any of your normal prescription medications with a small amount of water at least 2 hours prior to arriving UNLESS otherwise directed in the above instructions.
- Do not eat anything after midnight.
- You may have clear liquids up to 3 hours before your arrival time.
- Do not chew gum or candy after midnight.

After your procedure

- You will be provided with instructions for the remainder of the exam day by the clinical staff in endoscopy.
- Equipment must be returned to the **Central Maine Gastroenterology** located at 77 Bates Street; Lewiston, ME 04240.