

## Sample\* CapsoCam Plus® Prep Instructions

\*Instructions are provided as an example to physicians for a patient prep that will likely achieve a clean small bowel and a favorable procedure outcome. Each patient's individual condition should be considered by the physician when prescribing prep instructions. Patients with known motility issues (e.g., delayed gastric emptying, gastric retention, frequent constipation, challenging accessibility during colonoscopy, etc.) may need a more aggressive or modified prep.

This prep was determined and tested by physicians with their patients to achieve three primary endpoints: (1) optimal visualization of the small bowel, (2) fastest capsule passage and (3) loosest stool to facilitate retrieval with a goal to maximize the clinical outcome of your patient's capsule endoscopy study.

# Patient Prep Instructions for Capsule Endoscopy with CapsoCam Plus®

## Morning Ingestion Appointment

\*NOTE: If taking an oral iron supplement, please stop 4 full days prior to the test.

Your Capsule Endoscopy procedure is scheduled at: \_\_\_\_\_

Address: \_\_\_\_\_

Day \_\_\_\_\_ Date \_\_\_\_\_ Time \_\_\_\_\_

### Day Before Procedure

Day:	Eat normally for breakfast followed by a light lunch. Then begin clear liquid diet for the remainder of the day/night before the procedure. (Nothing colored red to drink).
Day: Time: 7:00 pm	Mix 7 capfuls (119 grams) of Polyethylene glycol (MiraLAX®, ClearLax®, PureLax®, GaviLax®, LavaClear® brands) with 32 oz. of water and drink all contents.
Day: Time: 9:30 pm	At 9:30 pm, take 0.6 ml of Simethicone (Mylicon®) drops with 8 oz of water. This will reduce bubbles in the GI tract. Nothing to drink after 10pm. Small sips of water with medications allowed.

### Day of Procedure

Day: Time: Morning	Hold medications until 2 hours after ingestion of capsule unless your doctor deems it necessary, then take small sips of water with medications.
Day: Time:	Two (2) hours prior to scheduled capsule ingestion time, mix 1 capful (17 grams) of Polyethylene glycol (MiraLax®, ClearLax® etc.) with full glass of water. The Polyethylene glycol bottle top is a measuring cap marked to contain 17 grams of powder when filled to the indicated line.
Day: Time:	Arrive at Office/Clinic.
Time:	<b>Ingest CapsoCam Plus capsule</b> with 0.6 ml of Simethicone (Mylicon®) drops in 8 oz of water.
Time:	Resume clear liquids 2 hours after swallowing the capsule.
Time:	Four hours after capsule ingestion, mix 17-grams of Polyethylene glycol (MiraLax®, ClearLax® etc.) with full glass of water and drink all of the contents.
Time:	Enjoy a light lunch when you are ready after previous dose of Polyethylene glycol. Please document what you have for lunch. _____  Eat normally for dinner. No further diet restrictions are necessary.

## Important Patient Information

- For best results, strictly follow the instructions. The capsule will typically take 3-30 hours to pass. If you haven't passed the capsule at 72 hours after capsule ingestion, contact your physician.
- To watch the retrieval video instructions, visit <https://capsovision.com/international/patient-resources/what-to-expect-with-capsocam/>
- To avoid a repeat of this study, please adhere to your retrieval instructions until capsule is retrieved. Continue to use the Retrieval Pan provided until the capsule is retrieved.
- Return the capsule back to your physician as instructed.

## Returning the Capsule: Option chosen by your Healthcare Provider

- Return the capsule **in the vial** provided in the Retrieval Kit to the physician's office during normal working hours.

Please call our office if you have any questions at: \_\_\_\_\_

## Purchasing the Prep Medication

**Note:** Prep Medication comes in a variety of sizes: When purchasing your preparation medication, ensure you get enough for the whole prep.

Polyethylene glycol (MiraLAX®, ClearLax®, PureLax®, GaviLax®, LavaClear® brands). Purchase a container(s) which has at least 153 grams (you will likely have some left over).

Simethicone (Mylicon®) Drops - Smallest bottle possible... all you will need is 1.2 ml total.