

## 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 developed 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 seven (7) capfuls (119 grams) of Polyethylene glycol (MiraLAX®, ClearLax, PureLax, GaviLax, LavaClear brands) with 32 oz. of water or non-red electrolyte replacement drink and drink all contents.
Day: Time: 9:30 pm	At 9:30 pm, take 0.6 ml of Mylicon® drops mixed well 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 swallowing capsule unless your doctor deems it necessary, then take small sips of water with medications.
Day: Time:	Two (2) hours prior to scheduled capsule swallowing time, mix 1 capful (17 grams) of Polyethylene glycol (MiraLax, ClearLax etc.) with full glass of water or non-red electrolyte replacement drink. 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>Swallow CapsoCam Plus capsule</b> with 0.6 ml of Mylicon drops in 8 oz of water.
Time:	Resume clear liquids 2 hours after swallowing the capsule.
Time:	Four (4) hours after swallowing capsule, mix 17 grams of Polyethylene glycol (MiraLax, ClearLax etc.) with full glass of water or non-red electrolyte replacement drink, drink all of the contents.
Time:	You can enjoy a light lunch any time after drinking the last dose of Polyethylene glycol (MiraLax, ClearLax, etc.). 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/patient-resources/what-to-expect-with-capsocam/>
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- 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: 1 of 2 options chosen by your Healthcare Provider

- If provided a pre-labeled padded envelope in your take-home kit, place the capsule inside the capsule container. Ensure the lid of the capsule container is closed, put the capsule container into the zip bag and seal it. Place the zip bag with the capsule container inside in the envelope, seal and drop the envelope off at any FedEx drop box or physical FedEx location.
- Place the capsule inside the capsule container. Ensure the lid of the capsule container is closed. Return the capsule to the physician's office during normal working hours.

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

## 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).

Mylicon Drops - Smallest bottle possible... all you will need is 1.2 ml total.