

DIGESTIVE HEALTH CLINIC, LLC

Boise Gastroenterology Associates & Idaho Endoscopy Center, LLC

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PILLCAM CAPSULE ENDOSCOPY PATIENT INSTRUCTIONS

Appointment Date:

Appointment Time: You must arrive 15 minutes early to register

APPOINTMENT LOCATION: Digestive Health Clinic 6259 W. Emerald St. Boise ID

- 1. Read all of the information we have given you.** If forms are enclosed with this letter, please fill them out and bring them with you. Also, please bring your photo ID and insurance cards.
- 2. You **MAY NOT** be a candidate for this endoscopy if you have a cardiac pacemaker, pacemaker defibrillator, TENS unit or other electro-medical device.** Please notify our office if you have any of these.
- 3. You will need to purchase **Miralax** 117gm **bottle** (sold over the counter).** You will be mixing the Miralax with 32 oz of clear liquid such as Gatorade, Crystal Light or water.

DAY BEFORE YOUR EXAM: You will have a regular diet until 12:00 noon. You should continue drinking clear liquids.

5:00 pm: Mix the Miralax in 32 oz. of clear liquid. Drink one glass every 15 minutes until gone. This will induce bowel movements.

DO NOT EAT! However, you may continue clear liquids until 10:00 pm.

You should continue your normal medications unless instructed otherwise.

DAY OF YOUR PROCEDURE: Do not take any oral medications for **2 hours** prior to your procedure. You may shower the morning of your procedure, but do not use any lotions or powders. Dress in loose fitting clothes.

Please do not bring small children with you as we do not have accommodations for their care and comfort.

Notify our office if you are unable to keep your appointment. Be advised that rescheduling may result in a longer wait time.

If you have questions, please contact our office (489-1900) and ask to speak to an education nurse.

6259 Emerald Street, Boise, Idaho, 83704 - 208-489-1900 - FAX 208-375-5286

www.digestivehealthclinic.com

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