



You are scheduled for a Video Capsule study on:

At the following location:

### **Capsule Study Prep Instructions:**

**Purchase over the counter:** One box of dulcolax tablets (2 tablets)

One of the following: One bottle Magnesium Citrate OR

One 238 GM bottle Miralax

One (1) 32 OZ bottles of Gatorade (NO RED or PURPLE)

**IF YOU TAKE IRON: PLEASE HOLD 1WEEK PRIOR TO YOUR TEST DATE**

**You will need to do the following prior to your test date:**

On the day prior to your test you will need to follow a **CLEAR LIQUID DIET**.

*Clear Is described as any liquid that you can hold in front of a light and see through.*

**At 2:00pm:**

Take two (2) dulcolax tablets with 2-3 glasses of clear fluid.

**At 4:00pm**

**If you chose Magnesium Citrate:**

Drink entire bottle of Magnesium Citrate followed by 32 OZ of Gatorade or clear liquid of your choice.

**If you chose 238 GM Miralax:**

Mix 238 GM bottle of Miralax with 32 OZ of Gatorade or clear liquid of your choice.

Follow **EITHER** prep with an **ADDITIONAL 32 OZ** of clear liquid of your choice. You may start the prep as early as 2:00pm.

**Nothing to eat or drink after 10:00pm**

Please wear clothing that is loose fitting, especially around your waist, to your appointment.

If you have any questions prior to your test, please call 314-543-5200 ext 2936.