

GASTROENTEROLOGY CLINIC OF SAN ANTONIO, P.A.



Charles W. Randall, M.D.
David L. Stump, M.D.
Jorge Munoz M.D.
V. Franz Zurita, M.D.

Bassem W. Mazloum M.D.
Christopher A. Fincke, M.D.
Gary Gossen M.D.
Russell Dean Havranek, M.D.

Miralax Small Bowel Capsule Endoscopy Bowel Prep

1. Starting on the day before your exam you may have a light breakfast and then nothing more solid to eat the rest of the day. You should start on a clear liquid diet and drink as much fluids as you can. Try to avoid liquids that are red or dark green as they can sometimes look like blood in your intestines.
2. Buy some over-the-counter Dulcolax tablets and take one in the morning, one around noon and one in the evening the day before your exam.
3. Purchase the medium-sized bottle (255gm) of over-the-counter Miralax. Mix half of that bottle into a large 20-ounce glass of water or Gatorade and the second half into a similar-sized glass of water or Gatorade.
4. Drink that first glass of MiraLax prep about 7:00pm or 8:00pm the night before your exam. Drink that second glass of MiraLax prep about 2 hours before you are scheduled to show up at my office the morning of the exam. We may also have you take a 10 mg Reglan tablet (prescription) that morning as well.
5. You can continue to drink as much water as you would like. The remainder of the instructions you will be given that morning when you arrive for the PillCam.