Summit Health®

Capsule EGD Prep

Capsule scheduled for _____ at 8:30AM/8:45 A.M. returning at 4:30PM/4:45 PM

Location:

____123 Highland Avenue, Suite 103, Glen Ridge, NJ 07028 Tel: 973-429-8800

PLEASE INFORM THE PROVIDER IF YOU HAVE A PACEMAKER OR DEFIBRIILLATOR.
This procedure is contraindicated for patients who have any of these medical devices. It will be up to the provider if you can proceed.

PURCHASE AT THE PHARMACY (over the counter):

- 1 MiraLAX Bottle (119 grams)
- Total of 32oz of Gatorade Zero (Lemon, Lemon-Lime or Orange)

ONE WEEK BEFORE YOUR PROCEDURE:

- **DO NOT** take any iron, Vitamin E, Multi-vitamins, Supplements, or anti-inflammatory medications such as Aleve, Advil, or Ibuprofen. If necessary, Tylenol is OK.

Important Medication Information:

- If you are taking aspirin for medical reasons, you should continue to take it up until the day prior to the procedure. If the dose exceeds 325mg daily, please contact the office. Do not take any extra over-the-counter aspirin for 7 days prior to the procedure.
- Blood thinners: Will be directed by doctor with instructions on when to stop.
- Diabetic patients: Contact your primary medical doctor for instructions
- Blood pressure, seizure, and heart medications can be taken the morning of the procedure with a sip of water

Diabetic and Weight Loss medications that must be held prior to your procedure:

• Ozempic	Wegovy	Saxenda	Victoza	Trulicity	Mounjaro
• Byetta	Rybelsus	Adlyxin	Xultophy	Soliqua	Zepbound

ALL GLP 1 MEDICATIONS NEED TO BE STOPPED 8 DAYS PRIOR TO YOUR PROCEDURE.

If this medication is being taken for diabetes management, then please consult with the prescribed physician for alternative means of glucose control.

All medications may be restarted after surgery.

**** Please note, because of how important this is for your safety, failure to stop this medication will result in postponement of your surgery ****

THREE DAYS BEFORE YOUR PROCEDURE AVOID:

- **ROUGHAGE** (raw fruits, vegetables, and salads) Cooked and canned fruits or vegetables are allowed, should be soft.
- **FIBER FOODS** (whole grains, whole grain cereals, oatmeal, and nuts).

DAY PRIOR TO PROCEDURE:

- **DRINK CLEAR LIQUIDS ONLY** such as water, electrolyte water, Gatorade (lemon or orange), light tea, seltzer, club soda, ginger ale, Sprite, 7-Up, white grape juice, white cranberry juice or apple juice.
- Clear chicken broth or bouillon, Jell-O (lemon or orange) and ice pops (lemon or orange) are allowed.
- **DO NOT EAT ANY SOLID FOOD, DO NOT DRINK ANYTHING RED, PURPLE OR DARK, NO MILK/MILK PRODUCTS, NO COFFEE, NO RED CRANBERRY OR GRAPE JUICE.**
- **9:00 PM:** Mix 7 doses of MiraLAX (119 grams) into 32oz of Gatorade Zero. You will then drink 8oz every 15 minutes until it is finished.

DIABETIC PATIENTS: A prescription for Reglan will be sent to your pharmacy. Take as instructed by the provider.

DAY OF PROCEDURE

Do not apply any lotion or creams to the abdominal area

Wear loose-fitting, two-piece clothing. The belt is not able to touch your skin, so it will go over your shirt unless you wear another shirt underneath.

Do not take any medication in the morning before you arrive unless instructed to do so.

For the first two hours after swallowing the capsule do not eat or drink anything

After two hours you will be able to have clear liquids.

After four hours you will be able to have a light lunch (Nothing red or purple)

You will be required to return to the office 8 hours later.

Do not disconnect any of the equipment during the 8 hours.

It is important that you remain active during the time after you swallow the capsule. No laying down or napping.

Avoid any strenuous activity, especially if it involves sweating.

IMPORTANT THINGS TO KNOW

No MRI scans for two weeks after the procedure.

Contact the provider immediately if you experience abdominal pain, nausea, or vomiting.