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Two Days Prior to the Procedure:

- Purchase one bottle (238 grams) of Miralax from the pharmacy (No prescription needed)
- Purchase lemon or loed tea Crystal Light. Enough to make 64 fluid ounces

The Day Prior to the Procedure:

- Begin clear liquid diet, starting after lunch. Please drink liberally
- You may drink clear liquids up to 10:00pm the night before your procedure
- Between 5:00pm - 7:00pm
 - Mix entire bottle of Miralax with 64 ounces of Crystal Light or water
- Drink 8 ounces of Miralax mixture every 10 minutes until solution is completed

Clear Liquid Diet

- Continue clear liquid diet as directed
 - Clear liquid diet: clear broth, juice-no pulp, tea/coffee without milk, ice pops, jell-o, water, clear soda
 - NO RED, ORANGE, OR PURPLE LIQUIDS
- No milk or milk products
- No nuts or seeds
- No liquids with pulp
- Do not eat or drink anything after 10:00pm the night before your capsule study. You may take sips of water with necessary medication
- Abstain from smoking 12 hours prior to the procedure
- Do not take narcotic medications
- Please drink liberally

Day of Your Procedure:

- Wear comfortable loose fitted clothing and non-slip shoes
- Do NOT bring valuables with you

When to Arrive:

- Pre-registered patients: Arrive 30 minutes prior to your procedure
- Not pre-registered patients: Arrive 45 minutes prior to your procedure