

# *Gastroenterology Consultants of Long Island, PC*

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## Mirocam Capsule Preparation Instructions

Procedure Date: \_\_\_\_\_ Procedure Time: \_\_\_\_\_

### Day Before Examination

A. At 5:00 PM start clear liquid diet.

### **\*\*EXAMPLES OF CLEAR LIQUIDS**

Water, Clear fruit juice (apple, grape, cranberry), Ginger Ale, soda, tea with lemon and sugar or black coffee, chicken or beef bouillon, Jell-O (No red Jell-O), Italian ices/ice pops

**NO SOLID FOODS, MILK OR MILK PRODUCTS**

### Day of Examination

**NOTHING TO EAT OR DRINK (INCLUDING WATER) THE MORNING OF THE PROCEDURE FROM THE TIME YOU WAKE UP UNTIL AFTER THE PROCEDURE IS FINISHED**

You can have your medications in the morning with sips of water.

Please come to the office at the above time. You will be attached to a monitor with leads. You will be asked to swallow the capsule with a glass of water.

You can have clear liquids at : \_\_\_\_\_ (2 hours after ingestion).

You can have solid food at: \_\_\_\_\_ (4 hours after ingestion).

You will need to return to the office at the end of the day: \_\_\_\_\_.  
The technician will remove the recorder and leads.

You should have a reading/ results within 48 hours.