DHPT Digestive Health PARTNERS OF TEXAS

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Capsule Preparation Instructions

Address:

Day Before

CLEAR LIQUID DIET ALL DAY.

- **CLEAR LIQUIDS ONLY.** Examples: water, clear fruit juices such as apple or white grape, lemonade, Sprite, hard sugar candies (butterscotch or lemon drops), chicken or beef bouillon, clear Gatorade, Jell-O, popsicles.
- **NO COFFEE, NO RED AND NO DARK COLOR BEVERAGES**

STOP IRON 5 DAYS PRIOR



8:00 PM the Night Before

Mix the entire bottle of Miralax (238 gm) into the 64 oz. of Gatorade. Shake or stir the solution until fully dissolved. Drink an 8-ounce glass every 15 minutes until it's finished.

Morning of Your Capsule (7:30 AM)

YOU WILL NEED TO DO 2 DROPPERS FULL OF INFANT MYLICON IN ONE GLASS OF WATER



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GARMENT SUCH AS A T-SHIRT THAT IS LONG ENOUGH FOR THE SENSOR BELT TO GO OVER

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After Swallowing the Capsule

- MAKE SURE TO DRINK PLENTY OF WATER
- AFTER 2 HRS YOU CAN HAVE A LIGHT LUNCH – NO RED LIQUIDS, NO RED MEAT (eg: SALAD, SANDWICHES, SUBS, WRAPS, EGGS, BAKED POTATOES)
- TAKE MEDICATIONS

During and After the Test

THE TEST IS A 12 HRS TEST. YOU CAN TAKE THE MONITOR OFF AT 9:30 PM & PUT IT BACK IN THE BOX AND **BRING IT BACK TO THE OFFICE THE NEXT DAY BY 8:30AM** (ANYTHING LATER COULD RESULT IN A LATE FEE OF THE MONITOR COST $6,000)

NO LIFTING, SQUATING OR SWATING WHILE WEARING THE MONITOR

AVOID MRI MACHINES THE DAY OF THE TEST AND 2 DAYS AFTER