

# Bowel Preparation Instructions:

## Outpatient Capsule Study

### Golytely

#### Outpatient capsule endoscopy study

The small intestines are hard to reach with an endoscopy or a colonoscopy. Doctors use a capsule endoscopy study so your doctor can see your small intestines that are hard to reach.

A capsule study uses a pill-sized video camera that you will need to swallow or have placed with an endoscope procedure. The pill-sized camera takes pictures of your small intestine as it passes through it. It sends the pictures to a device that you will wear on your body during the study.

It is very important to follow **all** the instructions to prepare for capsule study. Your body must be clean so the doctor can see as the pill-sized camera passes through the body.

After the capsule study is finished, you will come back to the office so the device on your body can be removed and so that the pictures can be put onto a computer for the doctor to look at. The pill-sized camera will not be used again and will come out when you go to the bathroom. You will **not** need to save it.

After you have swallowed the capsule you will have to wait two hours before you can drink clear liquids and take medications. You can have a light meal four hours after swallowing the capsule.

#### Preparing for the test

Please follow all instructions carefully. To get ready for your capsule study, you will need to buy items for the bowel preparation.

##### Medications to buy:

- Check with your pharmacy and fill your prescription for Golytely/Nulytely/Colyte.

##### From your grocery or convenience store

Please buy: (Optional)

- Packets of Crystal Light to help the prep taste better.

Make sure that it is **not red or purple colored**.

You will receive a phone call from a nurse and/or from registration 5 to 7 days before your test. They will ask questions to help get you ready for your test, to talk about your health; and to help you understand which medications you can or cannot take before the test. If you have **ANY** questions regarding these instructions, please call us at **(320) 229-4974**, Monday through Friday between 8:00 a.m. and 4:30 p.m. You may also call us toll free at 1-844-795-1734. If you need to reschedule your appointment please call **(320) 229-4933**.

#### One (1) week prior to the capsule study

- **Stop** taking iron supplements or iron medications.

## The day before your capsule study

- **At 8 a.m., in the morning stop smoking.** You may not smoke for 24 hours before your capsule study.
- **At 1 p.m., in the afternoon stop eating food** and start your **clear liquid diet**. Add water to your container of Golytely/Nulytely/Colyte and shake well. Place Golytely in the refrigerator.
- If you would prefer to drink the prep at room temperature, you may take it out of the fridge at **2 p.m.**
- You may add a Crystal Light packet to each **glass** to improve the taste of the prep. Do not add ice to the bowel preparation.
- **At 4 p.m., in the afternoon** start drinking two liters of Golytely/Nulytely/Colyte. You will drink **all** of the bowel preparation mixture.
- Drink a glass **every 15 minutes** until you have finished all of it. It will take you four to six hours to finish drinking it. You must finish drinking **all** your prep mixture.
- Some people may feel nauseous, bloated, or vomit. If this happens, take a 15-30-minute break and then try drinking the prep mixture again.
- **At 10 p.m.,** stop drinking clear liquids and water. You may take necessary medications with a sip of water only.

## The day of your capsule study

- You may take necessary medications with a **sip of water before 6 a.m. only.**
- **Do not take any medications after 6 a.m. on the morning of your capsule study.**
- **Do not eat or drink prior to your capsule study.**
- **At 8:15 a.m.,** arrive at the CentraCare Digestive Center at the CentraCare Health Plaza.
- Please wear loose fitting, two-piece clothing. Wear a light shirt underneath your clothes.

## After your capsule study

- **Two hours after your capsule study has started:** You can drink clear liquids and take medications. You may **not eat food**. **Avoid** all clear liquids that are **red or purple** in color.
- **Four hours after your capsule study has started:** You can eat a light meal. **Avoid red meats.**