

**PREPARATION INSTRUCTIONS FOR
CAPSULE VIDEO ENDOSCOPY USING:
GoLytely®, NuLytely®, Colyte® or Trilyte®**

Arrival Time: _____

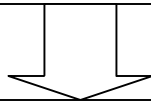
Date: _____

Doctor: _____

Do these things **7 DAYS BEFORE** the procedure:

Purchase one container of Golytely, Colyte, Nulytely or Trilyte with the prescription given to you by your doctor

If you need to cancel your appointment, call (617) 638-6525 option #1.



Do these things **2 DAYS BEFORE** the procedure:

**Drink at least 8 glasses of water throughout the day.
Stop eating seeds, popcorn, nuts, whole grains, and green vegetables.**



**840 Harrison Ave, Boston MA 02118
2nd Floor of the Menino Pavilion
Across from the cafeteria
617-638-6525 option#1**

Do these things **1 DAY BEFORE** the procedure: **Abstain from smoking 24 hours prior to undergoing Capsule Endoscopy.**

Start a strict, clear liquid diet (NO SOLID FOOD). A liquid is clear if you can see through it.

Examples include:

- Apple or white grape juices;
- Beef or Chicken broths that are clear;
- Tea and coffee WITHOUT milk;
- Soda, Gatorade, Kool-Aid, Jell-o, Popsicles, (any color **except red**)

Fill the one-gallon plastic container with the laxative powder (Golytely, Colyte, Nulytely or Trilyte) with water; shake well until the powder is dissolved. Put the container in the refrigerator if you prefer to drink it cold.

Mid-afternoon to early evening: Start drinking the laxative liquid (Golytely, Colyte, Nulytely or Trilyte) until it is gone. It should take 3 to 4 hours to **DRINK ALL OF THE SOLUTION.** Make sure you are near bathroom facilities.

It is ok to drink clear liquids throughout the day and evening. DO NOT EAT ANY SOLID FOOD until after the procedure.

The preparation will cause you to have MANY loose bowel movements, which will result in a clean colon for the procedure. You may feel bloating and nausea while taking the prep. *If you have problems completing this preparation, call the GI fellow on*



Do these things **ON THE DAY OF** the procedure:

- **DO NOT EAT OR DRINK ANYTHING.**
- **Do not take any medications beginning 2 hour before your capsule. Please bring a list of current medications. Diabetics if you take insulin, take one half dose of insulin on the morning of procedure. If you take a pill, you can skip it on the morning of procedure unless instructed otherwise.**
- **Dress in loose fitting, two-piece clothing.**
- **Male patients should shave their abdomen 6 inches (15 centimeters) above and below the navel on the day of the examination. If it is difficult for you to shave your abdomen, please contact the Endoscopy Center.**