

# Gastroenterology Associates

Gastroenterology and Hepatology



www.gastroassociates.org

## CAPSULE ENDOSCOPY PREPARATION INSTRUCTIONS

Non-split (2L) Colyte, TriLyte, Nulytely, or Golytely

Appointment: Day \_\_\_\_\_ Date \_\_\_\_\_ Arrival Time \_\_\_\_\_ am/pm Provider: \_\_\_\_\_  
 Return to Office: Time \_\_\_\_\_ pm Medical Assistants Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

You have been scheduled for an examination of your small bowel with a capsule endoscopy. This procedure involves swallowing a large vitamin pill sized video capsule containing a miniature camera, light source and battery which will eventually pass naturally through your digestive system while taking pictures of your intestine. Images are continuously transmitted over eight hours and stored in a recording device worn on a belt around the waist. After eight hours you will return to our office where the recording device is disconnected by a medical assistant. Recorded images will be read and interpreted by a physician. The small bowel capsule is disposable and will be excreted naturally in your bowel movement. In the rare case that it is not excreted naturally, it will need to be removed endoscopically or surgically.

7 Days Before	3 Days Before	Day Before	Morning of Procedure
<ol style="list-style-type: none"> <li>1. <b>Stop iron and multi-vitamins with iron for this procedure.</b></li> <li>2. At your pharmacy:                             <ul style="list-style-type: none"> <li>▪ Fill prescription for either one 2L or one 4L preparation. Do NOT mix container with water yet.</li> </ul> </li> <li>3. Read this entire instruction sheet (front and back).</li> <li>4. Read complete packet of materials included with this handout.</li> </ol>	<ol style="list-style-type: none"> <li>1. Stop fiber supplements such as: Metamucil, Citrucel, and Benefiber.</li> <li>2. Stop eating berries, nuts and seeds.</li> <li>3. Remember to pre-pay per benefit letter or telephone call.</li> </ol>	<ol style="list-style-type: none"> <li>1. Eat a normal breakfast and lunch <i>before 2pm</i> then No solid food, No dairy, No juice with pulp, No alcohol until after procedure. This will be your last solid food until you return the equipment after your exam.</li> <li>2. Abstain from smoking for 24 hours prior to your exam.</li> <li>3. At <b>9:00 am</b> add 2 inches of lukewarm water to the bottom of the preparation container you purchased, container, mix well then add cold water to the "fill line" and refrigerate.</li> <li>4. Have a <b>clear liquid*</b> dinner.</li> <li>5. <b>*Clear Liquids Include:</b> apple and white grape juice; beef, chicken or vegetable broth; plain tea, black coffee; soda pop, Crystal Light, Kool-aid, Jell-O, Popsicles, and water. <b>Avoid clear liquids with red food coloring or red dye such as "red 40"</b> listed on its labeling; <b>Avoid dairy and Ensure</b> type beverages.</li> <li>6. To stay hydrated, drink <b>at least 8 glasses of clear liquids during the day and evening</b>, in addition to the liquid preparation.                             <div style="text-align: center; margin: 5px 0;">  <p style="font-size: small;">Mark off each time you drink an 8 oz glass</p> </div> </li> <li>7. <b>Between 4:00 and 6:00 pm</b> start drinking one 8 oz glass of liquid preparation every 20-30 minutes; you must drink at least 8 glasses (<i>ALL</i> of the 2L jug; or ½ of the 4L jug). If you get nauseated, stop for 1 hour, walk around, then start again at a slower pace:                             <div style="text-align: center; margin: 5px 0;">  </div> </li> <li>8. <b>After 10:00 pm do NOT eat or drink</b>, except to take prescribed medication with a small sip of water.</li> </ol>	<ol style="list-style-type: none"> <li>1. Do <b>NOT</b> eat or drink.</li> <li>2. Do <b>NOT</b> have any medication 2 hours prior to your exam.</li> <li>3. Do <b>NOT</b> use body lotion, powder, cologne or perfume.</li> <li>4. You do not need a driver for this procedure as you will not be sedated.</li> <li>5. Wear comfortable clothing.</li> <li>6. Bring insurance card(s), co-pay (if required) and driver's license or photo ID.</li> <li>7. Read the back of this form for diet restrictions and more information about after you've swallowed the capsule.</li> </ol>

Visit our Website at [www.gastroassociates.org](http://www.gastroassociates.org) to obtain more information

## Location, Tips and Other Information

Your procedure is scheduled at:

Gastroenterology Associates Office (360) 413-8250  
Memorial Medical Plaza, Suite 204 (2<sup>nd</sup> Floor)  
500 Lilly Road N.E., Suite 204, Olympia, WA 98506

### In Planning Your Procedure, Have You Told Us If You:

- Have had previous abdominal surgery, a swallowing problem or history of bowel obstruction.
- Have a pacemaker or internal defibrillator or other implanted electronic device such as a neurostimulator.
- Could be pregnant. If you arrive for procedure possibly pregnant, your procedure may be rescheduled.
- Have had a recent hospitalization or major health event.

### Mixing Your Bowel Preparation:

- Colyte / TriLyte / Nulytely / Golytely are common names for PEG 3350 oral solution.
- **MIX** the preparation using the instructions on the *front side of this form*, not the instructions on the bottle.

### Taking Your Bowel Preparation:

- Bowel preparation can very rarely cause a potentially life-threatening sodium or magnesium imbalance. It is very important to drink clear liquids as instructed to stay hydrated. It may also cause some people to get lightheaded, **so move about carefully** after you've started taking the preparation.
- An empty stomach and clear gastrointestinal tract are needed in order to get the best images and most accurate information from this exam. Bowel movements will be different for everyone, but will eventually become watery. Some people have diarrhea soon after starting the preparation and some people don't have diarrhea until after they've finished the preparation. Some amount of yellow/green liquid and brown bits is normal.
- It is normal to feel chilled while drinking the preparation. A warm shower or warm clothing may make you more comfortable.
- Flushable wet wipes instead of toilet paper may make you more comfortable.
- If you become nauseated while drinking the liquid preparation, stop for 1 hour, walk around, and then start drinking again at a slower pace. Drink the full amount directed. Drinking the liquid from a straw, or while intermittently licking a popsicle, may help you get it down easier.
- If you are unable to drink the prep or have not had good results, please contact our office/answering service at (360) 413-8250 after 6:30 am.

### On Your Procedure Day:

- Plan to be in the office 30-60 minutes. Procedure time will be much less than that.
- If you take prescription blood pressure, heart, lung, seizure, (narcotic) pain or psychiatric medication daily, take your daily dose(s) as prescribed with a sip of water, including on your procedure day, just not within 2 hours of your exam.

### After Swallowing The Capsule:

1. Eating and Drinking:  
Have **nothing by mouth for the first 2 hours** after leaving the office; **after 2 hours you may begin drinking clear liquids. NO SOLID FOOD. Continue clear liquids until the exam is complete and you have returned the equipment**, then you may return to your normal diet.
2. Avoid strenuous activity, especially if it involves sweating and do not bend over or stoop during your procedure, until after you've returned the equipment.
3. Avoid being near any source of powerful electromagnetic fields such as an MRI machine or amateur HAMM radio until the capsule has been excreted. Occasionally some images may be lost due to interference with electromagnetic fields. On rare occasions this may result in the need to repeat the exam.
4. Capsule endoscopy exam lasts approximately 8 hours and is considered complete when the equipment is returned. Do not disconnect the equipment or remove the belt at any time during the exam day. Your provider's medical assistant will do this when you return to the office.
5. The recording device is a small computer. Treat the equipment with the utmost care and protection. Avoid exposing it to shock, vibration or direct sunlight which may result in loss of images.
6. Call our office immediately if you experience unusual bloating, pain, vomiting, fever, trouble swallowing, chest pain or other symptoms or changes.
7. Check frequently (about every 15 minutes) to verify the small light on top of the data recorder is blinking twice per second. Call our office immediately if it is not.
8. During the exam, **record the time and nature of any event** such as drinking clear liquids, your activity and unusual sensations. **Bring the completed Event Form to your appointment at the end of the procedure day, as directed on the front of this form.**
9. If you do not positively verify the excretion of the capsule from your body and you develop unexplained post procedure nausea, abdominal pain or vomiting, contact our office immediately.
10. Undergoing an MRI while the capsule is inside your body may result in serious damage to your intestinal tract or abdominal cavity. If you do not positively verify excretion of the video capsule from your body, contact your provider before undergoing an MRI examination.