



**PATIENT  
EDUCATION**

# **Bowel Preparation Instructions: Outpatient Capsule Study Golytely**

It is very important to follow all the instructions to prepare for your outpatient capsule study. Your small intestine must be empty, so the doctor can see clear images during the outpatient capsule study.

## **Outpatient capsule study**

- The small intestines are hard to reach with an endoscopy or a colonoscopy. Doctors use a capsule endoscopy study to view images of 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.
- 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.

## **Items to buy**

- To get ready for your outpatient capsule study, you will need to buy items for the bowel preparation.
- **Prescription required:**
  - Check with your pharmacy and fill your prescription for Golytely.
- **No prescription needed:**
  - Packets of Crystal Light to help the prep taste better (no red or purple). (Optional)

## **Medications reminders**

- Some of the medications you take may need to be stopped or adjusted before your capsule study. You must call the doctor who ordered any of the following medications at least one week before your capsule study for instructions.
- Please contact the doctor who monitors your glucose levels, insulin dosages or diabetic medications for proper instructions. The diet restrictions required for this bowel preparation may impact the medication dosages of these medications. Remember to bring your diabetes medications with you on the day of your procedure.

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

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

## The day before your outpatient capsule study

- At 8 a.m., 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. Then mix the entire container of Golytely and shake well. Place Golytely in the refrigerator.
- A clear liquid diet includes:
  - Water, black coffee or tea (no milk or cream), clear broth or bouillon, Gatorade, carbonated or non-carbonated soft drinks (Coke, Sprite), strained fruit juices without pulp (apple, white grape, white cranberry), Jell-O and popsicles. Remember, **NO RED OR PURPLE LIQUIDS**.
- Do not eat any solid foods.
- If you would prefer to drink the prep at room temperature, the nurse can take it out of the refrigerator 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., start drinking Golytely prep mixture. You will only be drinking two liters or half of the bowel preparation.
- Drink an eight-ounce glass every 15 minutes until you have finished two liters or half of the prep mixture. It will take you two to three hours to finish drinking it.
- You will want to be near a bathroom once you start drinking your prep mixture. You will have diarrhea and will need to be able to reach a bathroom quickly.
- Some people may feel nauseous, bloated or vomit while drinking the bowel preparation. 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.**
- Discard the remaining half of the preparation mixture.

## The day of your outpatient 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 day of the capsule study.
- Do not eat or drink prior to your capsule study.
- Please wear loose fitting, two-piece clothing. **Wear a light shirt underneath your clothes.**
- Refrain from smoking or chewing tobacco, chewing gum or sucking on hard candy.
- Do not wear jewelry. Please leave valuable objects at home or with family members.
- If you wear glasses, bring your glasses case with you.

## After your outpatient capsule study

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

---

Notes / Other Instructions: \_\_\_\_\_

---