



PATIENT EDUCATION

Bowel Preparation Instructions: Inpatient Capsule Study Golytely

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

Inpatient 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.

The day before your inpatient capsule study

- At 8 a.m., stop smoking. You may not smoke for 24 hours before your inpatient capsule study.
- At 1 p.m., start your clear liquid diet.
- 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.
- At 9 a.m., mix the entire container of Golytely and shake well. Place Golytely in the refrigerator.
- If you would prefer to drink the prep mixture at room temperature, you may 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.
- **At 10 p.m., stop drinking clear liquids and water. You may take necessary medications with a sip of water only.**
- Discard the remainder of the Golytely prep mixture.

The day of your inpatient 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 before 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 in your room or with family members.
- If you wear glasses, bring your glasses case with you.

After your inpatient 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.
- Four hours after your capsule study has started:
 - You can take medications and eat a light meal.
 - Avoid red meats.

Notes / Other Instructions: _____
