



**PATIENT
EDUCATION**

Bowel Preparation Instructions: Video Capsule Study or Endoscopy Golytely

It is very important to follow all the instructions to prepare for your video capsule study or endoscopy. Your small intestine must be empty, so the provider can see clear images.

Preparing for you video capsule study or endoscopy

- The day before your video capsule study or endoscopy, you will need to start preparing your colon.
- At 1 p.m., in the afternoon, stop eating food and start your clear liquid diet.
- You will be using a Golytely bowel preparation to clean out your colon.
- Please follow all instructions carefully. If you do not follow the directions properly, then your video capsule study or endoscopy may be canceled.

Items to buy

- To get ready for your video capsule study or endoscopy, 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)

Medication reminders

Some of the medicines you take may need to be stopped or adjusted temporarily before your video capsule study or endoscopy.

- **Blood thinners**
 - such as Coumadin (warfarin), Ticlid (ticlopidine hydrochloride), Agrylin (anagrelide), Xarelto (Rivaroxaban), Pradaxa (Dabigatran), Pletal (Cilostazol), Brillinta (Ticagrelor), Eliquis (Apixaban), Effient (Prasugrel), and Plavix (Clopidogrel).
 - You must speak with your prescribing provider or the specialist at least 2 weeks before the scheduled video capsule study or endoscopy. Do not stop these medications without the consent of your provider.
- **Insulin and diabetes medications**
 - Please call the provider that monitors your glucose levels. Your medications may need to be adjusted due to the diet restrictions required for the video capsule study or endoscopy. Do not stop these medications without the consent of your provider.
- **Aspirin**
 - You may take your Aspirin as prescribed with a sip of water.

One (1) week prior to the video capsule study or endoscopy

- Stop taking iron supplements or iron medications.

The day before your video capsule study or endoscopy

- 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, 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 need 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 video capsule study or endoscopy

- 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 or endoscopy.
- Do not eat or drink prior to your capsule study or endoscopy.
- 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 video capsule study endoscopy

- Two hours after your capsule study or endoscopy 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 or endoscopy has started:
 - You can eat a light meal.
 - Avoid red meats.
- 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.

Notes / Other Instructions: _____