

## Capsule Endoscopy Preparation Utilizing - Halfytely™

### Purchase:

- ✓ **One Halfytely™** Bowel Prep Kit. Bring the doctor's prescription that came with these instructions to your pharmacy **at least 3 days before your appointment.**

### Preparing for your procedure:

- ✓ In preparation for applying the adhesive sensors, male patients should shave their abdomen 6 inches above and below the navel.
- ✓ In the evening before your procedure, prepare your **Halftytely™ Bowel Prep Kit** solution according the instructions on the package and refrigerate the mixture. You should fill the entire jug. You should discard the pills included in the kit.
- ✓ Limit yourself to a clear liquid diet **8 hours** before the procedure. Clear liquids include black coffee (no milk or cream), tea, soft drinks, strained fruit juices (no pulp), water, clear juice, bouillon/broths, popsicles, and Jell-O. **Consume no liquids that are red or blue. Do not drink alcohol.**
- ✓ When starting the laxative, you should have easy access to a bathroom. You may experience diarrhea within 1 hour, but in some instances it takes more time for the laxative to work. The laxative dose does **not** vary according to weight or age.
- ✓ **The morning of your procedure** (at least **4 hours** before you plan to leave your home for your appointment), begin drinking the Halftytely™ as instructed (8 oz. every 10-15 minutes) until the bottle is half empty. (Rapidly drinking a glassful is better than sipping an ounce or two at a time.) Do not take the rest of the jug or the pills that came with the kit. You may discard these.
- ✓ Once you begin drinking the Halftytely™ you can have nothing else to drink until after your procedure.
- ✓ Patients should dress in two-piece attire, meaning no dresses, jumpers or overalls.

### During the procedure:

- ✓ For the first four hours after ingesting the capsule, you may take nothing by mouth. Thereafter, you may eat normally.
- ✓ You should not touch the data recorder or the recording leads.

**During the procedure (continued):**

- ✓ If there are questions regarding the procedure or symptoms such as pain or nausea, call our office immediately at (212) 996-6633.
- ✓ You may not engage in exercise, but normal activities such as walking are permitted.
- ✓ **At no time during or after the examination may you go into or near an MRI machine.**
- ✓ 8 hours after you swallow the capsule, you are required to return to our office for about 15 minutes. We will retrieve equipment, and the data from your study will be downloaded.

**After the procedure:**

- ✓ **At no time during or after the examination may you go into or near an MRI machine.**
- ✓ The capsule will pass spontaneously and painlessly in the stool. You may or may not be aware of the passage, and the capsule will be flushed away.
- ✓ If at any point you experience pain or other problems, you are to call the office.
- ✓ The gastroenterologist will complete the review of the images from the study, and you will be contacted as soon as the results are available.

**Dosing Schedule for your Appointment**

Date: \_\_\_\_\_ Time: \_\_\_\_\_

<b>Start liquid diet</b>	Date: _____ Time: _____
<b>Mix the Halftyely™</b>	Date: _____ Time: _____
<b>Start drinking Halftyely™</b>	Date: _____ Time: _____
<b>Do not drink or eat anything after</b>	Date: _____ Time: _____

***Please contact us with any questions:***

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