

Capsule Endoscopy Preparation Utilizing GoLYTELY® Prep

Warnings:

- ✓ Please inform this office in advance if you have congestive heart failure, kidney failure, chronic constipation, or have had an inadequate bowel preparation for a previous colonoscopy.

Purchase:

- ✓ **GoLYTELY®**. You will receive a prescription from your doctor for **GoLYTELY®** (colon cleansing solution), which is 4 liters of a balanced salt solution that is not absorbed. **GoLYTELY®** can be obtained from any pharmacy.
- ✓ **Tucks wipes™**(over the counter, optional)

Preparing for your procedure:

- ✓ In preparation for applying the adhesive sensors, male patients should shave their abdomen 6 inches above and below the navel.
- ✓ Limit yourself to a clear liquid diet beginning ***8 hours before your 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.
- ✓ Patients should dress in two-piece attire, please no dresses, jumpers or overalls.

At 6PM the evening before your procedure:

- ✓ Mix and refrigerate the solution. The solution is more palatable when chilled.

Day of your procedure:

- ✓ When starting this preparation, you will need to be close to a bathroom. You will have progressively looser bowel movements over the next several hours. Individual responses to laxatives vary. Do not be concerned if you do not have a bowel movement immediately.
- ✓ At least four hours before your appointment, you should start drinking the **GoLYTELY®** solution. **You will drink a total of 4 cups**. Drink eight ounces every 10 minutes or so. Best results are obtained when the solution is taken on a regular basis. You can discard the remaining solution.

TIPS:

- ✓ If you experience nausea, bloating or vomiting, you may increase the time interval between eight ounce glasses.

- ✓ On the day of the procedure, take your usual morning medications, especially those for blood pressure, with sips of water upon awakening. Take nothing by mouth (apart from your medications) for 4 hours prior to the examination.

Dosing Schedule for your Appointment

Date: _____ Time: _____

Start liquid diet	Date: _____ Time: midnight (8 hrs before appointment)
Prepare and Chill GoLYTELY® Prep	Date: _____ Time: 4-5pm
Take first dose of GoLYTELY® Prep	Date: _____ Time: 4:30am
Do not drink or eat anything after	Date: _____ Time: 5:30am

General information: Please arrive at least 15 minutes before your appointment to complete any necessary paperwork.

Note: If you have questions related to the preparation, please call our office.

Please contact us with any questions:
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