

**PREPARATION INSTRUCTIONS FOR  
CAPSULE VIDEO ENDOSCOPY USING:  
GoLytely®, NuLytely®, Colyte® or Trilyte®**

Arrival Time: \_\_\_\_\_

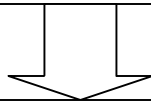
Date: \_\_\_\_\_

Doctor: \_\_\_\_\_

Do these things **7 DAYS BEFORE** the procedure:

Purchase one container of Golytely, Colyte, Nulytely or Trilyte with the prescription given to you by your doctor

**If you need to cancel your appointment, call (617) 638-6525 option #1.**



Do these things **2 DAYS BEFORE** the procedure:

**Drink at least 8 glasses of water throughout the day.  
Stop eating seeds, popcorn, nuts, whole grains, and green vegetables.**



**830 Harrison Ave, Boston MA 02118  
2<sup>nd</sup> Floor of the Moakley Building  
Suite 2200  
617-638-6525 option#1**

Do these things **1 DAY BEFORE** the procedure: **Abstain from smoking 24 hours prior to undergoing Capsule Endoscopy.**

**Start a strict, clear liquid diet (NO SOLID FOOD).** A liquid is clear if you can see through it.

Examples include:

- Apple or white grape juices;
- Beef or Chicken broths that are clear;
- Tea and coffee WITHOUT milk;
- Soda, Gatorade, Kool-Aid, Jell-o, Popsicles, (any color **except red**)

Fill the one-gallon plastic container with the laxative powder (Golytely, Colyte, Nulytely or Trilyte) with water; shake well until the powder is dissolved. Put the container in the refrigerator if you prefer to drink it cold.

**Mid-afternoon to early evening:** Start drinking the laxative liquid (Golytely, Colyte, Nulytely or Trilyte) until it is gone. It should take 3 to 4 hours to **DRINK ALL OF THE SOLUTION.** Make sure you are near bathroom facilities.

**It is ok to drink clear liquids throughout the day and evening. DO NOT EAT ANY SOLID FOOD until after the procedure.**

The preparation will cause you to have MANY loose bowel movements, which will result in a clean colon for the procedure. You may feel bloating and nausea while taking the prep. *If you have problems completing this preparation, call the GI fellow on*



Do these things **ON THE DAY OF** the procedure:

- **DO NOT EAT OR DRINK ANYTHING.**
- **Do not take any medications beginning 2 hour before your capsule. Please bring a list of current medications. Diabetics if you take insulin, take one half dose of insulin on the morning of procedure. If you take a pill, you can skip it on the morning of procedure unless instructed otherwise.**
- **Dress in loose fitting, two-piece clothing.**
- **Male patients should shave their abdomen 6 inches (15 centimeters) above and below the navel on the day of the examination. If it is difficult for you to shave your abdomen, please contact the Endoscopy Center.**