Getting ready for your Capsule Endoscopy

7 DAYS BEFORE YOUR PROCEDURE

**STOP taking these medicines:**
- Pepto Bismol
- Iron
- Herbal supplements
- Fish oil

3 DAYS BEFORE YOUR PROCEDURE

- Do not eat any nuts, corn, seeds or foods that contain seeds such as blackberries.
- Make sure you have filled your golytely prescription

THE DAY BEFORE YOUR PROCEDURE

**DO NOT EAT ANYTHING.** Drink 8-16 glasses of water or clear liquids only (liquids you can see through).

**Things you can drink:**
- Sprite, 7up, Ginger ale, Pepsi, Coca Cola, Root Beer, Dr. Pepper
- Apple juice, white cranberry juice, white grape juice
- Crystal Light yellow lemonade, yellow or green Gatorade, yellow jello
- Clear beef broth and clear chicken broth
- Plain coffee and tea, with sugar if desired

**Things NOT to drink:**
- Red, orange, blue or purple liquids.
- Alcohol, milk, fruit juice or vegetable juice with pulp, tomato juice or orange juice.

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THE DAY BEFORE YOUR PROCEDURE

Directions for colonoscopy prep:

- Mix the golytely in the large bottle by filling it with water. Shake well. Place in refrigerator.
- In the afternoon (between 5pm-6pm), start drinking half of the gallon of golytely.
- Drink a full glass every 10-15 minutes.
- This drink will make you go to the bathroom many times. It will cause diarrhea.
- If you get sick to your stomach, drink small sips of Coca-Cola between glasses of golytely.
- You still cannot eat anything until after you have had your colonoscopy.
- Do not drink anything after midnight

WARNING: Golytely may cause vomiting or stomach cramps. You may have chills, hot flashes, dizziness and in rare cases fainting.

Diabetics - Contact your primary care provider and ask if you need to change your diabetes medicines. You will need to monitor blood sugars more often than usual. Drink plenty of liquids every 1-2 hours. Do not drink diet drinks. You will need sugar drinks since you are not eating.

THE DAY OF YOUR PROCEDURE

- The following medications may be taken the morning of your procedure with water, but NOT food: heart, seizures, depression, and anti-viral medicines.
- Arrive 30 minutes before your appointment time to check-in.
- Do not eat or drink until after you have had your procedure.
- You may have a co-pay (required by your insurance). For co-pay questions call your insurance provider.

If you have questions for the GI nurse who coordinates capsule endoscopy please call 505-925-7908 or 925-6000