

Durham VA Health Care System
GI Clinic

Instructions for Capsule Endoscopy Golytely (1/2 Jug) Preparation

Your capsule endoscopy is scheduled on: _____ at _____.

You will need to return the study equipment at 4PM on the same day.

You do not need a driver for this procedure.

LODGING: Lodging can be arranged if you live 75 miles or more away and your appointment is 10 am or earlier. If you are interested in lodging, please let us know and we can enter a request for you.

Contacting the GI clinic:

Phone numbers:

- Scheduling: (919) 286-6945 or Toll free # (888) 878-6890-extension 6945
- Nurse line: (919) 286-0411 ext. 17 5080 (for questions about your GI procedure)

Secure Message – “GI clinic” at www.myhealth.va.gov

Medication and Medical Device Safety

- Iron Supplements** cause constipation and darkens the stool. Stop taking them 7 days before the procedure and resume them after the procedure.
 - Ferrous gluconate/sulfate
- Diabetic medications** taken without food may lower your blood sugar to an unsafe level.

On your clear liquid day

- Do not take: Diabetic pills: (Metformin, Glyburide, Glipizide, Pioglitazone, Sitagliptin)
Short Acting Insulins: (Regular, Aspart, Exenatide)
- Take $\frac{1}{2}$ dose/doses: Long Acting Insulins: (70/30, Glargine/Lantus, Detemir, NPH)

Do not take any diabetic medications on the day of the procedure.

- Insulin Pumps** Contact your provider for instructions.
- Pacemakers and Implanted Defibrillators need clearance before the procedure.**

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3 Days before Procedure: Low fiber Diet

Avoid eating High Fiber Food & Stop Fiber Supplements.

High fiber food takes longer to wash out of the colon and fiber supplements increase stool bulk.

Follow low fiber diet on these dates: _____

YES Examples of low fiber food to eat

- ✓ Meat (without seeds or vegetables)
- ✓ Eggs, Tofu, creamy peanut butter
- ✓ Dairy products – milk, yogurt, cheese, ice cream, butter
- ✓ Pasta/noodles-white pasta
- ✓ White rice
- ✓ Breads- white or light wheat (avoid bran, seeds & nuts)
- ✓ Pancakes & Waffles- plain
- ✓ Potatoes-mashed or fried *Avoid skins
- ✓ Sauces -pureed
- ✓ Salt, Sugars, Sweeteners & Syrups, seedless Jams and Jelly
- ✓ All clear liquids are allowed.

NO Examples of high fiber food and fiber supplements to avoid:

- ⊗ High fiber cereals, oatmeal, granola, whole grains, grits
- ⊗ Nuts, Dried fruits
- ⊗ Fruits and vegetables with small seeds & skins: strawberries, raspberries, blackberries, kiwi, figs, watermelon, tomatoes, cucumbers, okra
- ⊗ Poppy seeds, sesame seeds
- ⊗ Leafy greens & vegetables with skins, beans
- ⊗ Celery, onions, lettuces, cabbage
- ⊗ Breads with seeds
- ⊗ Pepper & herbs
- ⊗ Corn & Popcorn
- ⊗ Fiber Supplements-Psyllium (Citrucel)

Increase your fluid intake while on a low fiber diet.

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Day Before Procedure: Clear liquid Diet

Drink only clear liquids on this day: _____

- Drink 8 ounces of clear liquids every hour you're awake.

Examples of clear liquids:

| | | |
|------------------------------|--|--------------------------------|
| Water/flavored waters | black coffee or tea (no milk or creamer) | white grape juice/ apple juice |
| chicken/beef/vegetable broth | Powdered drinks (kool-aid, tang), pulp free lemonade | Sports drinks/Gatorade™ |
| Popsicles (not red/purple) | soda or carbonated drinks | lemon/lime/orange Jell-O™ |

DO NOT drink:

| | | |
|-----------------------|--------------|---------------|
| Red or purple liquids | Alcohol | Orange juice |
| Grapefruit juice | Tomato juice | Milk products |

Day Before Procedure: Laxative Prep

Only ½ bottle of the Laxative is taken.

Part 1 of the Laxative: mix the laxative in the morning before the procedure: _____

- Fill the container with warm water to the fill line.
- Shake the container to mix the powder completely.
- Place the container in the refrigerator to cool until 5 pm.



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Drink ½ of the laxative from 5 pm until 7pm. _____

- Drink an 8 oz. cup of laxative every 10 to 15 minutes until you have finished ½ of the container.
- You may notice some cramping or bloating at the beginning of the prep. This will improve once the laxative starts working
- The laxative may start working within 15 minutes to an hour after drinking.
- Be near a toilet.
- If you develop nausea or vomiting, take a short break from the laxative to allow it to move downstream, and then resume drinking it at a slower rate.



5PM-----7PM

Continue clear liquids while drinking the laxative and until bedtime.
Take evening medications after 9pm.
DISCARD THE REMAINDER OF THE BOTTLE.

Day of Procedure:

2 hours before you leave for your appointment. _____

- Take usual morning medications with a small sip of water including narcotic pain medication and/or blood pressure medication.
Do not take medications that the Endoscopy Unit advised you to hold.

Wear comfortable clothing on the day of your procedure.

When you arrive to the clinic, you will meet with the doctor and sign a consent for the procedure.

You will be able to drink clear colorless liquids starting 2 hours after swallowing the capsule.

You will return the equipment and be able to resume your normal diet 8 hours after swallowing the capsule.

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Quick Look Guide

| 3 days before | 2 days before | 1 day before Starts when you wake up! | The day of your procedure |
|---|---|--|---|
| <p>Low fiber diet</p> <p>Stop fiber supplements.</p> <p>On this day, you may also take any additional laxatives or stool softeners that have been ordered for you such as Docusate, Colace, Dulcolax, or Sennosides.</p> | <p>Low fiber diet</p> <p>Stop fiber supplements.</p> <p>On this day, you may also take any additional laxatives or stool softeners that have been ordered for you such as Docusate, Colace, Dulcolax, or Sennosides.</p> | <p>Clear liquid diet only</p> <p>Mix the laxative in the morning.</p> <p>Not red or purple</p> <p>NO FOOD!</p> <p>Stay hydrated.</p> <p>Avoid alcohol.</p> <p>Drink ½ of the laxative solution (64 oz.) from 5P-7P.</p> | <p>Do not eat!</p> <p>Take morning meds with a sip of water with exception to the meds advised to hold.</p> |

Notes _____
