Preparation for Capsule Endoscopy

What to buy ahead of time for the prep:

- Fill your prescription for PEG/Electrolyte-Generic, NuLYTELY, GoLYTELY, or CoLyte at your local pharmacy.
- **Additional clear liquids:** water, apple juice, white grape juice, black coffee, tea, lemon/lime Kool-Aid, soda pop (colas, 7UP, Sprite), lemon/lime Jell-O. **Do not drink** red, orange, blue, or purple liquids, including Jell-O.

What to do one week (7 days) before the procedure:

- Do not take iron supplements for one week (7 days) before the procedure.

What to do the day before the procedure:

- **Stop eating solid food.** Begin a clear liquid diet. Drink at least 8 glasses of water during the day to avoid dehydration. See above for a list of liquids and drinks that are allowed on a clear liquid diet. **By 7:00 pm.** Drink one 8 oz. glass of PEG/Electrolyte-Generic, NuLYTELY, GoLYTELY, or CoLyte solution and continue drinking one 8 oz. glass every 15 minutes over the next 2 hours until the 2 liters (64 oz.) of the prep solution is gone.

- You may drink as many glasses of clear liquids as you like during the afternoon and evening on the day before the procedure (see examples above).

- Remain close to a bathroom because drinking this prep will give you diarrhea, usually within an hour of starting. The goal is for your stools to be clear or light yellow water.
What to do the morning of the procedure:

- Do not eat or drink anything after 5:30 am the morning of the procedure.

- Take any necessary morning medicines with water at 5:30 am the morning of the procedure.

- **If you have diabetes and take oral diabetes medicine (pills):** Do not take the medicine the morning of the procedure. Bring your diabetes medicine with you.

- **If you have diabetes and take injectable insulin:** On the morning of the procedure, take ½ of your usual dose of long-acting insulin before the procedure. Long-acting insulins include NPH, Humulin N, Humulin 70/30, Humalog Mix 75/25, Lantus, and Levemir. If you take Humulin R 500 insulin, take only ½ of your usual dose. Take no short-acting insulin the morning of the procedure. Short-acting insulins include Regular, Humulin R, Novolin R. Take the other ½ of your long-acting and any regularly scheduled dose of short-acting insulin right after the procedure. Be sure to eat your usual meal at that time. Please see the handout Instructions for Patients with Diabetes Having Outpatient Procedures/Tests.

- **If you have diabetes and use an insulin pump:** Please click on the following link: Pre-Procedural Management Guidelines for Adults on Insulin Pumps.

- After you arrive at the procedure location (Medical Procedures Unit at either University Hospital in Ann Arbor or Livonia Center for Specialty Care), you will receive information about eating during the procedure.

- **PLEASE NOTE: If you have an afternoon appointment, do not eat anything after 8 pm the night before the procedure. Drink the prep at 7:00 am the morning of the procedure.**