



# 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.
- Buy **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.

## The day before the procedure:

1. 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.
  2. **At 7 pm begin drinking prep**: 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.

## **The morning of the procedure:**

- Do not eat or drink anything 2 hours prior to your appointment.
- You may take any critical medications with water (except diabetic medication) up until 2 hours prior of the procedure. Please bring diabetic medication with you.
- On the morning of the procedure, take half 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 half 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 half 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 following for instructions on taking your diabetes medication before the procedure:
    - Preparing for a Medical Procedure: Guidelines for Adults Not on Insulin Pumps:  
<http://www.med.umich.edu/1libr/MEND/Diabetes-PreOpAdultsNoPump.pdf>
    - Preparing for a Medical Procedure: Guidelines for Adults on Insulin Pumps:  
<http://www.med.umich.edu/1libr/MEND/Diabetes-PreOpInsulinPumpAdults.pdf>

After you arrive at the procedure location you will receive information about eating during the procedure.

**→ Turn the page to learn about the benefits, risks, and alternatives for a Capsule Endoscopy.**



# What are the Benefits, Risks, and Alternatives for a Capsule Endoscopy?

---

Before starting the procedure, a member of our team will ask you to sign an informed consent indicating that you understand the procedure, its benefits and risks, and the alternatives for a liver biopsy. Read this handout or view the video at: [https://careguides-videos.med.umich.edu/media/t/1\\_c1av0jdw/107341741](https://careguides-videos.med.umich.edu/media/t/1_c1av0jdw/107341741) to understand your informed consent.

## **What is the purpose of a Capsule Endoscopy?**

With this pill-sized camera, images can be captured that can't be obtained or is out of reach, from normal endoscopy or radiology tests. After the images are collected they are sent to a doctor to interpret and finalize the results that will be available through the doctor who ordered your procedure.

## **What are the benefits of a Capsule Endoscopy?**

The capsule enables the doctor to see deep inside the gastrointestinal tract to evaluate for conditions including:

- Anemia, a red blood cell count that is below normal
- Intestinal bleeding
- Diarrhea
- Malabsorption
- Crohn's disease
- Celiac disease
- Small bowel polyps, tumors, and some intestinal cancers

## What are the risks of a Capsule Endoscopy?

Video Capsule Endoscopy is a safe and painless to examine your intestines. Please let your doctor know if you have any conditions that affect your ability to swallow.

- Aspiration, where the contents of the stomach get into the lungs, including the video capsule; this is rare.
- The capsule may get stuck in the small bowel; this is also uncommon. Previous abdominal surgery, bowel blockages and radiation therapy are some risk factors that may cause narrowing in your intestine and prevent the capsule from passing.
- A bowel blockage from the video capsule is a very rare risk, even if the capsule stays in the small bowel.
- It is also possible that your entire small bowel might not be visualized during the battery life of the video capsule.
- Possible reasons for an incomplete study include: slow stomach emptying, the use of narcotic pain medication, previous abdominal surgery, and being admitted to the hospital at the time of the test.

It's important that your ordering doctor know if you have any of these conditions before proceeding with the video capsule endoscopy.

## What are the alternatives of a Capsule Endoscopy?

Tests such as X-Rays or CT scans taken from outside of the body; while these imaging tests can be helpful in identifying problems in the GI tract, they are not able to provide the same level of detail as visualization with the video capsule.

Disclaimer: This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

Patient Education by [Michigan Medicine](#) is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International Public License](#). Last Revised 10/2022