

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 7:00pm 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:

- **Please note:** If you have an afternoon appointment, **do not eat anything after 8pm the night before the procedure. Drink the prep at 7:00am the morning of the procedure.**
- Do not eat or drink anything after 5:30am the morning of the procedure.
- You may take any critical medications with water (except diabetic medication) up until 5:30am the morning 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.

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