

## COLORADO CENTER FOR DIGESTIVE DISORDERS

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### PROCEDURE DETAILS: CAPSULE ENDOSCOPY

**Date:** \_\_\_\_\_ **Check in time:** \_\_\_\_\_ **am** Plan to be at the office for a total of approximately 20 minutes that morning. You will need to return to the office 8 hours later to have the Recorder removed. The nurse will give you instructions on what time to return.

Colorado Center for Digestive Disorders, 205 S Main, Ste A, Longmont, Co, (303-776-6115)
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### CAPSULE ENDOSCOPY GOLYTELY/NULYTELY PREPARATION

1. After lunch on the day before the Capsule Endoscopy examination, begin a clear liquid diet (see below). No solid foods. Clear liquids are liquids which can be seen through when held up to the light. **Avoid anything with red food coloring.**
2. Take 2 Gas X tablets one (1) hour prior to starting laxative.
3. At approximately 4:00 p.m. the day before the procedure, begin drinking the Golytely prep. Drink approximately one 8 ounce glass every 15 minutes. Drink a total of eight of the 8 ounce glasses of the prep which is ½ of the total contents. It should begin to work within an hour. Please call the office if you have any problems with the prep. Do not follow the instructions supplied with the product.
4. When finished with above prep, take 2 Gas X tablets.
5. Do not eat or drink anything after 10:00 p.m. on the evening before the Capsule Endoscopy except for necessary medication with a sip of water.
6. If the prep causes nausea or vomiting, stop the prep for 30 minutes then restart, drinking 6 ounces every 15 minutes.
7. Any medications that need to be taken must be taken by 6 a.m. the morning of your scheduled appointment.
8. We have included a prescription for nausea. It is your option to fill the prescription if you feel you will need it. If filled, take 1 pill 1 hour before starting your laxative at 4:00 pm.

#### CLEAR LIQUID DIET

Apple juice, White cranberry juice, White grape juice  
7-up, Ginger Ale, Sprite, Mountain Dew, Colas  
Black coffee  
Tea  
Colas  
Broth (beef, chicken or vegetable)  
Gatorade (no red)  
Jell-o (no red)  
Popsicles (no red)