



Idaho Endoscopy Center

CAPSULE ENDOSCOPY PROCEDURE PREPARATION

NULYTELY/GOLYTELY/GAVILYTE/TRILYTE

A Capsule endoscopy is a non-invasive, vitamin-sized device that a patient swallows. It captures images of the small intestine as it travels through the digestive system. The small intestine is an area that is typically hard to reach and visualize using a traditional endoscope. Please follow the below prep instructions to ensure clear visualization of your small intestine. Failure to follow the instructions may result in your appointment being rescheduled.

5 DAYS PRIOR TO YOUR PROCEDURE

Pick up the prescription bowel prep from your **Pharmacy**:

- ☐ NuLYTELY/GoLYTELY/Gavilyte/Trilyte (4 liter) bowel prep

Purchase ALL of the following non-prescription/over-the-counter bowel prep items:

- ☐ One (1) bottle of Mylicon (Simethicone) Drops

Optional:

- ☐ Sports drink (Gatorade, Powerade, Propel, Pedialyte): NO RED OR PURPLE LIQUIDS

- Solution can be mixed with water, sports drink is not required

1 DAY PRIOR TO YOUR PROCEDURE

✓ HYDRATE:

- Drink at least 64oz of water before starting your bowel preparation as it may cause dehydration

✓ BREAKFAST

- You may have a regular meal for breakfast

✓ LUNCH

- You may have a light lunch (example: soup and sandwich). After lunch you may only consume a clear liquid diet up until 10:00PM
 - Examples include water, chicken broth, apple or white grape juice, sport drinks, popsicles, Jell-O, coffee and tea (no cream), and soft drinks
- Do **NOT** consume alcohol, creamer, red or purple liquids

✓ BEGIN BOWEL PREPARATION:

- 7:00PM
 - Fill the 4 liter prep solution bottle to the fill line with sports drink/water
 - Drink one (1) 8oz glass of solution every 10-15 minutes until all 4 liters (~64oz) is gone
 - You should complete consumption of 4 liters (~64oz) solution within 2-3 hours
- 9:30PM
 - Mix 0.6mL of Mylicon (simethicone) drops in 8oz of water and consume within 30 minutes
 - Continue to hydrate with clear liquids until 10:00PM
- 10:00PM
 - **DO NOT DRINK ANY LIQUIDS OR CONSUME ANYTHING BY MOUTH**

DAY OF YOUR PROCEDURE

- ✓ At least **4 HOURS** before appointment:
 - Take your regularly scheduled medications with small sips of water unless instructed to stop during procedure education phone call
- ✓ **3 HOURS** prior to appointment:
 - **DO NOT EAT or DRINK ANY LIQUIDS OR CONSUME ANYTHING BY MOUTH.** Failure to comply will result in your appointment being cancelled!

PREPARING FOR ARRIVAL

- ✓ Please complete electronic intake paperwork sent via text/email. Accommodations/assistance will be available upon your request.
- ✓ Leave your valuables (watches, jewelry, personal effects) at home. We will not be responsible for these items.
- ✓ Bring your photo ID, insurance card, and updated medication list.
- ✓ Do not bring children, as we are unable to provide accommodations for their care and comfort.

MEDICATION ADJUSTMENTS

- ✓ **For Diabetic Patients:**
 - Remember to check your blood sugars frequently the day before and day of your procedure.
- ✓ **For Patients Taking GLP-1 Medications:**
 - Examples include Ozempic, Wegovy, Zepbound, Trulicity, Bydureon, Byetta, Saxenda, Victoza, Adlyxin, and Rybelsus.
 - **If you take your GLP-1 medication daily:** Do not take it on the day of your procedure.
 - **If you take your GLP-1 medication weekly:** Do not take it for 7 days before the procedure.

Need More Help?

- If you have any questions about these instructions, please call our office during regular business hours 8:00AM–5:00PM Monday through Friday at 208-489-1887.
- If you need to call after 5:00PM, please use 208-489-1900.

Frequently Asked Questions (FAQs)

- For answers to frequently asked questions, visit our website: www.digestivehealthclinic.com