

### Capsule Endoscopy Preparation Utilizing GoLYTELY® Prep

**Notice:**

- ✓ Your scheduled capsule endoscopy will take place at our office  
**311 East 79<sup>th</sup> Street Suite 2A**

**Warnings:**

- ✓ Please inform this office in advance if you have congestive heart failure, kidney failure, chronic constipation, or have had an inadequate bowel preparation for a previous colonoscopy.

**Purchase:**

- ✓ **GoLYTELY®**. The prescription was electronically sent to your pharmacy that is on file. **GoLYTELY®** (colon cleansing solution), which is 4 liters of a balanced salt solution that is not absorbed. **GoLYTELY®** can be obtained from any pharmacy.
- ✓ **Tucks wipes™**(over the counter, optional)

**Preparing for your procedure:**

- ✓ Limit yourself to a clear liquid diet beginning *8 hours before your procedure*. Clear liquids include black coffee (no milk or cream), tea, soft drinks, strained fruit juices (no pulp), water, clear juice, bouillon/broths, popsicles, and Jell-O. Consume no liquids that are red or blue. Do not drink alcohol.
- ✓ Patients should dress in two-piece attire, please no dresses, jumpers or overalls.

**At 6PM the evening before your procedure:**

- ✓ Mix and refrigerate the solution. The solution is more palatable when chilled.

**Day of your procedure:**

- ✓ When starting this preparation, you will need to be close to a bathroom. You will have progressively looser bowel movements over the next several hours. Individual responses to laxatives vary. Do not be concerned if you do not have a bowel movement immediately.
- ✓ At least four hours before your appointment, you should start drinking the **GoLYTELY®** solution. **You will drink a total of 4 cups**. Drink eight ounces every 10 minutes or so. Best results are obtained when the solution is taken on a regular basis. You can discard the remaining solution.

**TIPS:**

- ✓ If you experience nausea, bloating or vomiting, you may increase the time interval between eight ounce glasses.
- ✓ On the day of the procedure, take your usual morning medications, especially those for blood pressure, with sips of water upon awakening.
- ✓ Do not drink anything (apart from your medications) for 2 hours prior to your scheduled appointment time.

**PLEASE BE ADVISED THIS STUDY TOTAL TIME WILL TAKE 8HRS. THE RECEIVER MUST BE RETURNED TO OUR OFFICE AT THE END OF THE DAY.**

**Dosing Schedule for your Appointment**

<b>Start liquid diet</b>	Date: _____ Time: <b>12:00 AM</b>
<b>Prepare and Chill GoLYTELY® Prep</b>	Date: _____ Time: <b>6:00 pm</b>
<b>Take first dose of GoLYTELY® Prep</b>	Date: _____ Time: <b>4:30 AM</b>
<b>Do not drink or eat anything after</b>	Date: _____ Time: <b>6:30 AM</b>

**Note:** If you have questions related to the preparation, please call our office.

***Please contact us with any questions:***

T: (212) 996-6633

F: (212) 996-6677

contact@nyga.md

www.nyga.md