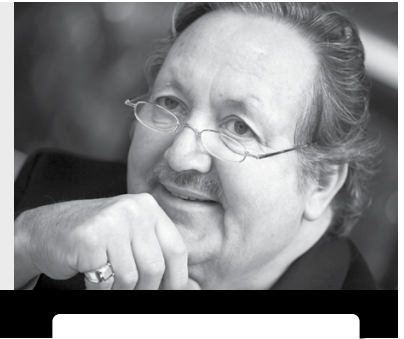


Small Bowel Capsule Endoscopy Nulytely/GoLytey Preparation



 **PRESBYTERIAN**

IMPORTANT!
Please read these instructions one week prior to your procedure

It will take you several days to prepare for this test. You may also need to stop taking certain medications up to a week in advance. Please read these instructions well in advance of your procedure date. We recommend that you post these instructions in a visible location at home to remind you of the various steps you will need to take.

We require that you contact us at least 72-hours before your scheduled test if you wish to cancel your test.

Patient responsibility

- If there are any changes with your insurance(s), please notify our office prior to your procedure date.
- After your procedure is scheduled, you may receive a call from the Presbyterian Registration department to verify your information and insurance coverage. You may call the department with registration questions at **559-1009**.
- If you need financial assistance with the cost of the procedure, or if you have financial or billing questions, please call 923-6600.
- If your insurance requires a referral, it must be current at the time of your procedure, or you may be liable for payment.
- Remember to bring your insurance card(s) with you the day of your procedure.

Purchase

- Fill the prescription for NuLytey/GoLytey you were given. You may purchase plain or pineapple flavored Nulytely/GoLytey.

Date: _____

Time: _____

Provider: _____

Location: _____

**Presbyterian Medical Group
Gastroenterology
(505) 224-7000**

The day before your capsule

- Finish lunch by noon. After lunch **DO NOT EAT ANY SOLID FOODS.**
 - **Drink only clear liquids** for the rest of the day and for dinner.
See the list of acceptable clear liquids in this packet.
- You may take any necessary medications.
- Stop smoking 24 hours prior to undergoing this Small Bowel Capsule Endoscopy.
- At 5 p.m. begin drinking the NuLytely/GoLYTELY at a rate of one glass every 15 minutes until you develop clear watery diarrhea or have completed half (1/2) the container of fluid. **ONLY DRINK HALF OF THE GALLON.**

The night before

- Do not eat or drink anything after midnight.
- You may take any necessary medications.

On the day of your procedure

- By 6 a.m. the day of your procedure, please take your blood pressure, cardiac and seizure medications.
- Take any necessary morning medications with a small sip of water. You should take all medications at least two hours before your appointment time.
- Bring inhalers, reading glasses, and hearing aids if you use them.
- When you arrive at the clinic, you will sign a consent form for the procedure.
- The nurse will connect you to a DataRecorder, which you will wear in a belt around your waist. You will be instructed to swallow the PillCam small bowel capsule with a small cup of water.
- Two hours after swallowing the capsule, you may drink water.
- After four hours, you may have a light snack.
- After six hours, you may resume your normal diet.
- After ingesting the capsule and until it is excreted, you should avoid any source of powerful electromagnetic fields, such as an amateur (ham) radio or MRI device. In rare cases, these fields can cause images to be lost and the test may need to be repeated. If this happens, the physician will advise you to stay in the clinic during the test.

- After ingesting the capsule, you need to verify every 15 minutes that the small light on top of the DataRecorder is blinking twice per second. If it stops blinking at this rate, record the time and contact your physician.
- The small bowel capsule endoscopy lasts approximately 8 hours and is considered complete according to your physician's instructions.
 - During the testing, avoid any strenuous physical activity especially if it involves sweating.
 - Do not bend over or stoop during this time.
 - Do not disconnect or remove the equipment at any time during this period.
 - The DataRecorder is a small computer and should be treated with utmost care and protection. Avoid sudden movement and banging of the DataRecorder.

After completing the small bowel capsule endoscopy

- The DataRecorder stores the images of your examination. Handle the DataRecorder, RecorderBelt and battery pack carefully. Do not expose them to shock, vibration, or direct sunlight, which may result in loss of information. Return all of the equipment to your physician's office as soon as possible.
- You may or may not see the PillCam small bowel capsule once it is excreted from your body. If you develop unexplained post procedure nausea, abdominal pain, or vomiting, contact your physician for evaluation and possible abdominal x-ray examination.
- Undergoing an MRI while the capsule is inside your body may result in serious damage to your intestinal tract or abdominal cavity. If you did not positively verify the excretion of the PillCam small bowel capsule from your body, you should contact your physician for evaluation and possible abdominal x-ray before undergoing an MRI examination.

Clear Liquid Diet

Starting at noon the day before your test, you may only drink or eat items on this list.

- Water
- Coffee (no milk or cream; sugar is permitted.)
- Tea (no milk or cream; sugar is permitted.)
- Carbonated beverages (soft drinks – regular or sugar free.)
- Apple juice
- White grape juice
- Gatorade (no red, purple or orange in color)
- Lemonade (no pulp)
- Limeade (no pulp)
- Clear chicken or beef broth (no meat, vegetables, noodles, rice.) Please discontinue any broth after midnight.
- Bouillon
- Clear consommé
- Snowcones or popsicles (no red, purple or orange in color)
- Hard candy
- Jell-O (no red, purple, or orange in color. We prefer that you have only light colors such as yellow or pink.)
- **ALCOHOL IS NOT PERMITTED!**

Call our office at
224-7000 if you have the
following symptoms:

- Nausea
- Vomiting
- Fever
- Chills
- Bleeding
- Abdominal pain



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