

THE ENDOSCOPY CENTER OF BROOKLINE Name \_\_\_\_\_  
930 COMMONWEALTH AVENUE Appointment Date \_\_\_\_\_  
BOSTON, MA 02215 Appointment Time \_\_\_\_\_ Arrive at \_\_\_\_\_  
(617)414-6600 Physician \_\_\_\_\_

## **GoLyte, NuLyte, CoLyte Small Bowel Capsule Endoscopy Preparation** (Total dose is 4L)

**\*\*A prescription is necessary for this preparation\*\***

Please abstain from smoking 24 hours prior to undergoing Capsule Endoscopy.

Do not take any medication beginning 2 hours before undergoing Small Bowel Capsule Endoscopy.

Please be sure to wear loose fitting, two-piece clothing.

### **DIABETIC PATIENTS**

If you are diabetic and take insulin please take 1/2 your normal dose of insulin on the morning of the day before your procedure and the morning of the procedure, unless otherwise instructed. If you take a "diabetes pill" you may skip it on the morning of the procedure unless instructed otherwise.

### **EFFECTS OF BOWEL PREPARATION:**

These solutions will cause you to have repeated loose stools (diarrhea), which is the expected result. These solutions typically work within 30 minutes but may take as long as 3 hours to have an effect. During the preparation process you are advised to have a bathroom nearby.

### **At least two days prior to the examination:**

Please read all instructions carefully. Purchase one container of GoLyte, NuLyte, or CoLyte with the prescription given to you by your physician.

### **One day prior to the exam:**

In the morning, prepare the GoLyte, NuLyte, or CoLyte according to the instructions for use later in the day. Refrigerating the preparation makes it easier to drink but is not required. You may have a clear liquid breakfast.

Do not eat any solid food throughout the day.

Between 11:00am & 1:00pm eat a clear liquid lunch. Between 3:00pm and 5:00pm eat a clear liquid dinner.

Following dinner begin drinking GoLyte, NuLyte, or CoLyte, 8 ounces every 10-15 minutes.

Rapidly drinking a glassful is better than sipping an ounce or two at a time. A straw may be helpful to use when drinking the solution to get it down easier.

During the remainder of the evening you may drink clear liquids if desired. You may develop nausea while drinking the solution, but you should drink all of the solution to ensure an adequate preparation. If you are unable to complete the preparation as indicated please call the Gastroenterology Fellow on call for additional recommendations. You may reach the GI Fellow at (617) 638-8000.

Late in the evening you will have finished evacuating.

### **NOTHING TO EAT OR DRINK AFTER MIDNIGHT THE NIGHT BEFORE YOUR PROCEDURE**

Not following these instructions may cause your procedure to be rescheduled.

Please call (617)414-6600 Monday through Friday 7:00am- 3:00pm with any questions.

After hours please contact the GI Fellow on call with all questions or concerns at (617)638-8000.