



Capsule Endoscopy

How to prepare

Directions:

- To park, follow the signs for the Emergency Room.
- At the fork, stay on your left to enter the Surgery Pavilion Parking Garage.
- Take the elevator to the 3rd floor.
- Turn right to the Digestive Disease Center.

Your appointment at the Digestive Disease Center, on the 3rd floor of the Surgery Pavilion, is on:

_____ at _____.

Follow These Instructions to Prepare for Your Exam

7 days before your exam:

- Stop taking any iron supplements or multivitamins that contain iron.
- Fill your prescription for GoLyteLy, and read this handout.

The day before your test: _____

- In the morning, prepare the GoLyteLy by adding water to the jug. Mix to dissolve, and then refrigerate.
- Eat a light breakfast and lunch. After lunch, you can only have liquids.
- At 4 p.m., drink 2 liters of GoLyteLy. This is just half the jug.

The day of your test: _____

- Do **not** eat or drink anything after midnight.
- As soon as you get up, take all your morning medicines with water.
- Wash your abdomen with soap. Do not use lotion on your abdomen.
- Wear a thin natural fiber (cotton) shirt, without a zipper, that fits to below your hips. You can wear a loose fitting jacket or shirt above this. Please do not wear a dress.
- Bring a list of all medicines you take.

Questions?

Your questions are important. Please call if you have questions or concerns.

Weekdays between 8 a.m. and 5 p.m., call the Digestive Disease Center at 206-598-4377.

After hours and on holidays and weekends, call the Community Care Line at Harborview Medical Center at 206-744-2500.

Special Instructions

What to Expect

You are scheduled for a capsule endoscopy. This test is done to check the lining of your intestines.

The capsule will take 2 pictures of your intestines each second for 8 hours. The pictures are sent to the data recorder you will carry. When you return the data recorder at the end of the test, the pictures will be downloaded onto a computer, and your doctor will review them.

There are 2 types of sensors used in this test. You will either:

- Have 8 electrodes (like EKG electrodes) placed on your abdomen
- Or
- Wear a sensor belt

The type of sensor used depends on your doctor's preference, your body type, and the clothes you wear for your appointment. Both types of sensor provide the same information.

The sensors are connected with a wire to a data recorder, which you will carry in a pouch over your shoulder.

After you meet your doctor, you will swallow a capsule. The capsule is about the size of a large vitamin pill and is coated so that it is easy to swallow.

The test takes 8 hours. The first 4 hours, you can have only sips of water. After 4 hours, you can drink clear fluids. After 6 hours, you may eat a snack.

At the end of the test, you will need to come back to our clinic to return the equipment. At that time, you can resume your normal diet.

UW Medicine

UNIVERSITY OF WASHINGTON
MEDICAL CENTER

Digestive Disease Center

Box 356160

1959 N.E. Pacific St. Seattle, WA 98195
206-598-4377

© University of Washington Medical Center

Published: 03/2006, 05/2012

Clinician Review: 05/2012

Reprints on Health Online: <http://healthonline.washington.edu>