

The Oregon Clinic

Gastroenterology - East

Diabetic — Capsule Endoscopy Prep Instructions

Locations:

The Oregon Clinic, Gastroenterology - East – 1111 NE 99th Ave, Ste 301, Portland

Your doctor has determined that as part of your medical evaluation you should undergo a test known as **Capsule Endoscopy**. This procedure involves ingesting a small imaging capsule (about the size of a large vitamin pill). The capsule will pass naturally through your digestive system while taking pictures of the intestine. These images will be stored on a Walkman-like data recorder. After eight hours, the data recorder will be taken off and returned to your physician for processing. The Capsule is disposable and will be excreted naturally in your bowel movement. In the rare case that it will not be excreted naturally, it may have to be removed endoscopically or surgically. In order for your physician to get the most accurate information from this test, you will need to follow the instructions listed below:

What you will need:

- Colyte Prescription (to be filled at your pharmacy)
 - If Colyte is not available at your pharmacy, the pharmacist may substitute Colyte for GoLytely, NuLytely, or Trilytely (they are all interchangeable laxatives).

Take all regularly scheduled medications unless otherwise specified in these instructions

Day Before Your Procedure:

- **Laxative Prep:** Consume our normal diet BUT eat a light dinner
 - **Two hours after dinner:**
 - Add 4 quarts of tap water into the Colyte, mix until completely dissolved.
 - Discard two quarts (half) of the mixture (you will only be drinking two quarts).
 - Begin drinking one glass of mixture every 10 minutes until gone. It is important that you consume ALL the mixture.
 - You can expect to have multiple bowel movements soon after.
 - Continue to drink clear fluids all evening
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Day of Your Procedure:

- **Diabetes Medications:**
 - On the morning of your procedure DO NOT take your Diabetes medications – see list of Diabetes medication attached.
- **Insulin:**
 - If you use insulin you will need to decrease you dose – refer to attached pages for IMPORTANT instructions on your insulin.
- **Do not eat or drink for 8 hours prior to your procedure**

- **Wear loose fitting clothes:**
 - It is important that you wear loose fitting clothes (not dresses) in order to accommodate the equipment you will be wearing home. The sensors must be against your skin and cannot be worn on the outside of your clothing.
- **Consent**
 - You will go through a pre-procedure interview at which time you should be informed that Capsule Endoscopy is associated with a small change of intestinal obstruction (1-2%). You will be checked-in and asked to give your consent.
- **Sensor application and Capsule ingestion**
 - The sensors will be applied to your abdomen with adhesive pads (or a sensor belt) and will be connected to the data recorder.
 - You will be instructed to ingest the Imaging Capsule.
- **After ingesting the Capsule**
 - Contact your physician immediately if you have any abdominal pain, nausea, or vomiting any time after ingesting the Capsule.
 - Every 15 minutes during the test:
 - Verify that the small green/blue light on top of the data recorder is blinking.
 - If for some reason it stops, please record the time and contact your physician.
 - If you have a bowel movement and pass the capsule early, please note the time and return the equipment (not the capsule).
 - For 2 hours after swallowing the Capsule:
 - Do not eat or drink anything.
 - After the initial 2 hours, you will be able to drink clear liquids (water, apple juice, etc. NOTHING RED).
 - 4 hours after swallowing the Capsule:
 - You may have a light snack and continue drinking clear liquids. DO NOT eat or drink anything red.
 - After completion of the study, you may return to your normal diet.
 - The above instructions related to eating apply unless your physician specifies otherwise.
 - The study will last 8 hours.
 - Try to avoid any strenuous physical activity.
 - Do not bend or stoop.
 - You should not remove the belt at any time during this period.
 - The data recorder is actually a small computer and should be treated with the utmost care and protection.
 - Avoid sudden movements and banging of the data recorder.

Additional Instructions:

- After ingesting the Capsule, and until it is excreted, you should not be near any source of powerful electromagnetic fields, such as one created near an MRI device or amateur (ham) radio.
- Occasionally, some images may be lost due to radio interference (e.g. from amateur radio transmitter, MRI, etc.). On rare occasions, this may result in the need to repeat the Capsule procedure. In such a case, the doctor will advise you to stay within the premises of the clinic for the duration of the Capsule procedure to prevent this problem from recurring.

- The data recorder holds the images of your examination. Handle the data recorder, recorder belt, sensors, and battery pack carefully. Do not expose them to shock, vibration, or direct sunlight, which may result in the loss of information.

After the Procedure:

- **At the end of 8 hours:**
 - Return to the facility to have the data recorder removed.
- **You should look for the Capsule in your stool:**
 - If you cannot positively verify the excretion of the Capsule from your body, or if you develop unexplained post-procedure abdominal pain, vomiting, or other symptoms of obstruction, 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 cannot positively verify excretion of the Capsule from your body, you should contact your physician before undergoing an MRI examination.

Diabetic Medications:

Generic Name	Brand Name
Orinase, Tolinase, Dymelor, Diabenase	-
Glipizide	Glucotrol, Glucotrol XL
Glimiperide	Amaryl
Glyburide	Diabeta, Micronase, Glynase
Replaginide	Prandin
Nateglinide	Starlix
Metformin	Glucophage, Glucophage XR, Riomet (liquid form)
Acarbose	Precose
Meglitol	Glyset
Rosiglitazone	Avandia
Pioglitazone	Actos
Glipized + Rosiglitazone	Actoplus Met
Metformin + Glyburide	Glucovance
Metformin + Pioglitazone	Metaglip
Metformin + Glipizide	Avandryl
Sitagliptin Phosphate	Januvia
Exenatide Injection	Byetta

Insulins:

Type of Action	Brand Name	Comment
Intermediate NPH	Humulin N, Novolin N	Cloudy
Long-Acting Humulin Ultra-lente	-	Clear
Glargine, Levemir	Aventis Lantus, Determir	

Mixtures		
70% NPH / 30% Regular	Humulin 70/30, Novolin 70/30	Cloudy
70% NPH / 30% Aspart	Novolog Mix 70/30	
75% NPH / 25% Lispro	Humalog Mix 75/25	
50% NPH / 50% Regular	Humulin 50/50	

- **Day Before Your Procedure**
 - Take your insulin at the usual dose and time

- **Morning of Your Procedure**
 - Decrease your dose of insulin
 - Morning dose 1-20 Units, Decrease by 3 Units
 - Morning dose 22-50 Units, Decrease by 5 Units
 - Morning dose 55-75 Units, Decrease by 10 Units
 - Morning dose 75-100 Units, Decrease by 15 Units

Other Insulins:

Type of Action	Brand Name	Comment
Rapid Humulin Lyspro	Humalog	Clear
Novolin Aspart	Novolog	
Aventis Glulisine	Apidra	
Fast Regular	Novolin R, Humulin R	Clear

- **Day Before Your Procedure**
 - Take your insulin at the usual dose and time

 - **Morning of Your Procedure**
 - DO NOT take your insulin
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