

Capsule Endoscopy [NaviCam] | Preparation Instructions

Your provider 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 intestines. These images will be stored on a data recorder. After 12-16 hours, the data recorder will be taken off and returned for processing the next day. The capsule is disposable and will pass naturally with your bowel movement. We may order an X-ray to check for the capsule if we are concerned that it did not reach the colon.

To ensure a successful exam, please follow all instructions carefully.

ADDITIONAL INSTRUCTIONS:

- If you are diabetic, please refer to the separate instruction sheet for details on adjusting your medication.
- If you need to reschedule or cancel, please call the clinic at least 48 business hours prior to your procedure, or you may be subject to a \$100 charge.

<p>1 Week Before</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Purchase the following: <ul style="list-style-type: none"> ○ CoLyte Bowel Prep – this is a prescription solution we will send to your preferred pharmacy. <ul style="list-style-type: none"> ▪ You will only drink half of the solution. ○ One package of either Gas-X Extra Strength Chewable tablets or generic equivalent (simethicone 125mg). <ul style="list-style-type: none"> ▪ Please avoid gel capsules or soft gels. ○ Clear liquids for your prep. See the list below. Avoid red- or purple-colored items. <input type="checkbox"/> Stop taking the following: <ul style="list-style-type: none"> ○ Iron pills or multivitamins with iron ○ Fish oil supplements ○ Any GLP-1 medication, like Wegovy, Ozempic, Mounjaro, etc. <p>*GLP-1 medications – your capsule test will not be canceled if you keep taking these medicines, but it could make it harder to read the test pictures.</p>
<p>1 Day Before</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Start a clear liquid diet from the time you wake up, avoiding solid foods, milk, or alcohol. List of clear liquids below.

	<ul style="list-style-type: none"> <input type="checkbox"/> 6 pm, mix 4 quarts of water into the CoLyte jug. Mix until completely dissolved. <ul style="list-style-type: none"> ○ Discard 2 quarts (half) of the mixture. You will only drink 2 quarts. ○ Begin drinking one glass of the mixture every 10 minutes until it is gone. It is important that you consume ALL the mixture. ○ Bowel movements usually occur within three hours of starting prep but may take longer. <input type="checkbox"/> You may continue to have clear liquids.
<p style="text-align: center;">Day of Procedure – Before Arrival</p>	<ul style="list-style-type: none"> <input type="checkbox"/> 4 hours prior to your arrival time, please stop all clear liquids. Have nothing else by mouth except what is listed below (crucial medications and Gas-X). <input type="checkbox"/> 2 hours prior to your arrival time, do not take any other medications. <input type="checkbox"/> 30 minutes prior to your arrival time, chew three Gas-X Extra Strength (simethicone) tablets. <input type="checkbox"/> Wear loose-fitting, comfortable clothes; two-piece outfit is preferable. Wear a light-weight shirt under any heavier clothing. We will be placing a sensor vest around your chest/abdomen.
<p style="text-align: center;">Day of Procedure – After Arrival</p>	<ul style="list-style-type: none"> <input type="checkbox"/> After you arrive, our nurse or medical assistant will review the test, consent form, and the instructions you will follow over the capsule procedure. <input type="checkbox"/> The sensor vest will be placed across your chest/abdomen and connected to the data recorder. <input type="checkbox"/> You will be asked to ingest the capsule with some water, just like you take any pill. <input type="checkbox"/> Approximately 12-16 hours later, you will remove the sensor vest and recorder. This should be removed before you go to bed.
<p style="text-align: center;">Day After Procedure</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Please come into our Tualatin clinic between 7:00 am and 10:00 am, or as directed by our team on the day of your test, return the sensor vest and recorder.

Clear Liquid Diet

Clear liquids are easily digested and leave no undigested residue in your intestinal tract. This is why a clear liquid diet must be followed before a procedure. Not following the diet correctly can affect the prep results and the ability to view your intestinal tract.

Clear liquids contain no solids or pulps. When a clear liquid is in a container such as a bowl or glass, the container is visible through the substance. Although not “clear”, black coffee/tea and sodas like Coke are ok on a clear liquid diet.

<p><u>Items NOT Okay</u></p> <p>SOLID FOODS</p> <p>BONE BROTH</p> <p>DAIRY--MILK</p> <p>ANYTHING COLORED RED OR PURPLE</p> <p>ALCOHOL</p>	<p><u>Items Okay</u></p> <p>High protein options</p> <ul style="list-style-type: none"> • <u>Clear</u> vegetable, chicken, or beef broth/bouillon. • <u>Clear</u> protein drinks (If you are unable to find drink options such as Premier Protein Clear and Ensure Clear at your local store, check online) <p>Other Options</p> <ul style="list-style-type: none"> • Flavored gelatin/Jell-O (without fruit) and gummy bears • Clear sports drinks (Gatorade, Powerade, Propel, etc.) • Clear juices (such as apple or white grape) • Coffee or tea (without cream or milk) • Water (plain, seltzer, sparkling, or flavored) • Coconut water (no pulp or mixtures with non-clear juices) • Soft drinks (soda/pop) • Crystal Light • Italian ice, plain popsicles/ice pops (no pureed fruit or fiber, no sherbet or gelato) • Hard candies, lollipops, menthol cough drops (Tip: these are helpful to use between glasses of prep!)
<p><u>Tips:</u></p> <ul style="list-style-type: none"> • You need to drink a lot of fluids while preparing for your procedure. • Buy a lot of different options so you can have a variety to choose from. • Drink frequently throughout the day to keep from getting too hungry. • If you can find <u>clear</u> protein drinks, they can make fasting more tolerable and help control blood sugar. • You need calories, so having some options that are not sugar-free is important, even for diabetics. • NOTE: If you can only find red or purple clear protein drinks, you may drink two bottles per 24 hours. We recommend diluting it with another clear liquid such as water, soda water, Sprite, or 7-Up. 	