



Albany Gastroenterology Consultants, P.C.

YOUR PROCEDURE IS SCHEDULED AT:

- ___ ENDOSCOPY CENTER - 1375 Washington Avenue, Albany (2nd Floor, Suite 201)
- ___ ST. PETER'S HOSPITAL - 315 South Manning Boulevard, Albany (4TH Floor, Ambulatory Surgery)
- ___ ALBANY MEMORIAL HOSPITAL - 600 Northern Boulevard, Albany (Main Entrance – Outpatient Registration)
- ___ ALBANY MEDICAL CENTER – 47 New Scotland Avenue, Albany (Outpatient Registration)

PATIENT NAME: _____ PHYSICIAN: _____

Preparation Instructions:

Colonoscopy – GoLYTELY/NuLYTELY Prep

Afternoon procedure (11:00 am-3:00 p.m.)

PROCEDURE DAY/DATE: _____

PROCEDURE TIME: _____ ARRIVAL TIME: _____

PREPARED BY: _____ Ext. _____

Please remember to arrange for a responsible adult to be with you during the procedure. If you do not have a responsible adult driver your, procedure will be cancelled and rescheduled. Review the preparation schedule below for the days preceding your colonoscopy. If you need further assistance, please call (518) 438-4483.

*If you have a change in insurance prior to your procedure, you must notify the office immediately.

1 Week Prior	3 Days Prior	1 Day Prior	Procedure Day
<p>Purchase the following</p> <ul style="list-style-type: none"> • GoLYTELY/NuLYTELY powder (Prescription required) • 6 Dulcolax laxative tablets • Assorted clear liquids • OPTIONAL-for sore bottom: • Plain or Aloe Baby Wipes • Desitin or A&D Ointment <p>Arrange for a responsible adult to stay with you and take you home post-procedure.</p> <p>If you take fiber supplements, vitamins or medications containing iron or fish oil, discontinue those 7 days before your appointment.</p> <p>If you are an INSULIN DEPENDENT DIABETIC, you must notify this office when you schedule your procedure.</p> <p>You may continue your “baby” or regular aspirin. Let us know if you are on Coumadin, Plavix or Lovenox. STOP taking these medications:</p> <p>_____</p>	<p>Begin low fiber diet – AVOID nuts, seeds, popcorn and corn.</p> <p>Stop consuming all high-fiber foods.</p> <p>Last chance to cancel appointment. Our office requires a minimum of 48 hours notice when canceling or rescheduling a procedure.</p> <p>Please call our office if you need to reschedule your appointment: 518-438-4483</p> <p>YOUR BOWEL PREP IS EXTREMELY IMPORTANT!</p> <p>IT IS VERY IMPORTANT TO HAVE A ‘CLEAN’ COLON SO THAT YOUR DOCTOR MAY VISUALIZE ANY ABNORMALITIES!</p>	<p>Low Residue Breakfast – eggs any way except fried, cereals except whole grain and barley, white or seedless rye toast with butter or margarine, bananas, applesauce, peaches/pears without skin, juice without pulp, coffee, tea.</p> <p>Following breakfast - CLEAR LIQUIDS ONLY THE REMAINDER OF THE DAY - Includes: Water, broth, bouillon, consommé, coffee or tea without milk or creamer, Gatorade, soft drinks, juices (no pulp), Italian ices, popsicles, Jell-O (not red or purple).</p> <p>Drink at least 8 large glasses of water or any other clear throughout the day.</p> <p>At 4:00 p.m. thoroughly mix 4 liters of water (to the fill line) with the GoLYTELY/NuLYTELY powder. Refrigerate overnight.</p> <p>4:30 p.m. take 3 Dulcolax tablets with 8 oz. of water or any other clear liquid.</p> <p>5:00 p.m. drink 8 ounces of the GoLYTELY/NuLYTELY mixture every 10 to 15 minutes until half of the 4 liter container is consumed.</p> <p>If you experience nausea or vomiting take a 15-30minute break, then continue drinking preparation solution perhaps at a slower rate.</p>	<p>5:00 a.m. take 3 Dulcolax tablets with a clear beverage or your choice.</p> <p>5:30 a.m. drink 8 ounces of the GoLYTELY/NuLYTELY remaining mixture every 10 to 15 minutes until finished or until bowel movement is clear.</p> <p>You are not to have anything to drink for 2 hours prior to your procedure. You may take your essential morning medications unless otherwise directed by your physician. Limit liquids to a few small sips to take your meds.</p> <p>Arrive one hour before scheduled procedure time.</p> <p>NO DRIVING – You must have a responsible adult to assist you in getting home. You cannot drive. If you do not have a responsible adult to assist you in getting home, the procedure will be canceled.</p> <p>Do not drive, operate machinery which requires alertness, or sign legal documents for 24 hours after the procedure, then only if you feel alert, i.e. no dizziness or drowsiness.</p> <p>Biopsy results: Please call our office if you have not heard from us within 10 business days of your procedure.</p>