



# Albany Gastroenterology Consultants, P.C.

YOUR PROCEDURE IS SCHEDULED AT:

- \_\_\_ ENDOSCOPY CENTER - 1375 Washington Avenue, Albany (2<sup>nd</sup> Floor, Suite 201)
- \_\_\_ ST. PETER'S HOSPITAL - 315 South Manning Boulevard, Albany (4<sup>TH</sup> 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

Morning Prep (7:00 am – 10:30 a.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	2 Days Prior	1 Day Prior	Procedure Day
<p>Purchase the following</p> <ul style="list-style-type: none"> <li>• <b>GoLYTELY/NuLYTELY powder</b> (Prescription required)</li> <li>• <b>3 Dulcolax laxative tablets</b></li> <li>• <b>Assorted clear liquids</b></li> <li>• <b>OPTIONAL–for sore bottom:</b></li> <li>• <b>Plain or Aloe Baby Wipes</b></li> <li>• <b>Desitin or A&amp;D Ointment</b></li> </ul> <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 <b>iron or fish oil</b>, discontinue those <b>7 days</b> before your appointment.</p> <p><b>If you are an INSULIN DEPENDENT DIABETIC, you must notify this office when you schedule your procedure.</b></p> <p>You may continue your “baby” or regular aspirin. <b>Let us know if you are on Coumadin, Plavix or Lovenox.</b> STOP taking these medications:</p> <p>_____</p>	<p><b>Begin low fiber diet – AVOID nuts, seeds, popcorn and corn.</b></p> <p><b>Stop consuming all high-fiber foods.</b></p> <p><b>Last chance to cancel appointment. Our office requires a minimum of 48 hours notice when canceling or rescheduling a procedure.</b></p> <p>Please call our office if you need to reschedule your appointment: 518-438-4483</p> <p><b>YOUR BOWEL PREP IS EXTREMELY IMPORTANT!! IT IS VERY IMPORTANT TO HAVE A ‘CLEAN’ COLON SO THAT YOUR DOCTOR MAY VISUALIZE ANY ABNORMALITIES!</b></p>	<p><b>Drink at least 8 large glasses of water or any other clear liquid throughout the day while on a low fiber diet.</b></p>  <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p><b>ALERT</b> After your prep, the results should appear <b>clear yellow or clear green liquid with no solid matter.</b> If not, please call the office: 518-438-4483</p>	<p><b>Begin clear liquid diet</b> – Includes water, broth, coffee or tea without milk or creamer, *Gatorade, soft drinks, juices (no pulp), Jell-O, popsicles or Italian Ice. <b>*NOTHING RED OR PURPLE</b> Drink at least 8 large glasses of water or any other clear liquid throughout the day.</p> <p><b>12pm:</b> Thoroughly mix 4 liters of water (to the fill line) with GoLYTELY/NuLYTELY powder. Refrigerate. <b>4 pm:</b> Take 3 Dulcolax tablets with 8 oz. of water or any other clear liquid. <b>5pm:</b> Drink 8oz of solution every <u>15 minutes</u> until solution is finished or until your bowel movement is clear.</p> <p><b>If you experience nausea or vomiting take a 15-30minute break, then continue drinking preparation solution perhaps at a slower rate.</b></p>	<p>You are not to have anything to drink for 6 hours prior to your procedure. You may take your essential morning medications unless otherwise directed by your physician. <b>Limit liquids to a few small sips to take your meds.</b></p> <p><b>Arrive one hour before scheduled procedure time.</b></p> <p><b>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.</b></p> <p><b>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.</b></p> <p><b>Biopsy results:</b> Please call our office if you have not heard from us within 10 business days of your procedure.</p>