



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
Two Day Prep

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"> • GoLYTELY/NuLYTELY powder (Prescription required) • 3 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!! IT IS VERY IMPORTANT TO HAVE A ‘CLEAN’ COLON SO THAT YOUR DOCTOR MAY VISUALIZE ANY ABNORMALITIES!</p>	<p>Begin clear liquid diet – Includes water, broth, coffee or tea without milk or creamer, *Gatorade, soft drinks, juices (no pulp), Jell-O, popsicles or Italian Ice. *NOT RED OR PURPLE</p> <p>Drink at least 8 large glasses of water or any other clear liquid throughout the day.</p> <p>12:00 noon: Thoroughly mix 4 liters of water (to the fill line) with GoLYTELY/NuLYTELY powder. Refrigerate.</p> <p>4:00 p.m.: Take 2 Dulcolax tablets with 8 oz. of water or any other clear liquid.</p> <p>6:00 p.m.: Drink 8 oz. of solution every 15 minutes until 2 liters of solution is finished.</p>	<p>Clear liquid diet – Includes water, broth, coffee or tea without milk or creamer, *Gatorade, soft drinks, juices (no pulp), Jell-O, popsicles or Italian Ice. *NOTHING RED OR PURPLE</p> <p>Drink at least 8 large glasses of water or any other clear liquid throughout the day.</p> <p>4 pm: Take 1 Dulcolax tablet with 8 oz. of water or any other clear liquid. 5pm: Remaining 2 liters of prep - drink 8oz of solution every 15 minutes until solution is finished or until your bowel movement is clear.</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 style="text-align: center;">ALERT</p> <p>After your prep, the results should appear clear yellow or clear green liquid with no solid matter. If not, please call the office: 518-438-4483</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. 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>