

Patient: _____ Doctor: _____

Date of procedure: _____ Arrival time for procedure: _____

Endoscopy Center, 1st Floor Chilton Hospital Access Center Wayne Surgical Center 1825 Rt 23
 S Wayne, NJ 97 W Parkway Pompton Plains, NJ 1176 Hamburg Tpke Wayne, NJ
 973-996-4009 973-633-1484 973-709-1900

Latex allergy: Diabetes: Pacemaker: Defibrillator:

DIET: No iron supplement, seeds, nuts, corn, popcorn, tomatoes, cucumbers, quinoa or salad for three days before the procedure.

PREPARATION: Please obtain the prep from your pharmacy prior to your procedure:

Gavilyte is the generic of Golytely or Nulytely.

ON THE DAY BEFORE THE PROCEDURE:

1. **Before 10 am.**, you may have a light breakfast. This can include cereal, breads, and milk products, but cannot include fresh fruits, vegetables or salad.

2. **After 10 a.m.**, only clear liquids can be consumed. Clear liquids are as follows:
 water, clear juices (apple, white grape, not red), Italian ices, bouillon (beef or chicken)
 tea (regular, decaf, herbal), Jell-O, 7-Up, ginger ale, seltzer, black coffee, Gatorade

3. **At 5 PM prepare the powder by mixing with water as per the instructions. It will yield a total volume of approximately 4 L which is around 1 gallon. You will be drinking approximately one half of the total solution beginning at 5 PM on the day prior to the procedure and the second half of the solution 6 hours before the procedure.**

4. **At 5 p.m.** Start the prep. Drink a glass (240 cc which is about 8 ounces) every 10 to 15 minutes until one half of the bottle is empty. Bowel movements may begin to occur about one hour after the first glass of solution and may continue two to four hours after you finish the last glass. **It is more easily tolerated if chilled and taken with a straw.** Feelings of bloating, nausea or chills are common after the first few glasses. This is temporary and will decrease once bowel movements begin. If the nausea worsens, stop drinking the solution for 30 minutes, then resume drinking every 15 minutes as before.

ON THE DAY OF THE PROCEDURE:

6 hours before the scheduled procedure drink the second half of the preparation solution. You should again drink 1 glass every 10 to 15 minutes until the remaining 1/2 gallon of liquid is consumed.

1. **Do not bring valuables such as jewelry with you. The Endoscopy Center cannot be responsible for your belongings.**

2. **Please be sure to bring your method of payment.**

3. **After the procedure you must not drive, work or do anything that could result in injury.**

4. **You must have a friend or family member drive you home. No ride share services such as Uber/Lyft allowed. Pick up will be approximately 1 1/2 hours after you are dropped off.**

You MUST FINISH drinking all liquids and water at least 4 hours prior to your scheduled arrival time or your procedure will be delayed. DO NOT CONSUME ANYTHING ELSE BY MOUTH-NOT EVEN WATER. Do not smoke marijuana within 24 hours of the procedure. No gum chewing the morning of the procedure.

ADDITIONAL INFORMATION:

If you take Coumadin, Pradaxa, Eliquis, Xarelto, Effient, Plavix, Ticlid or other blood thinners/anticoagulants make sure you have discussed this with your physician.

1. If you take blood pressure pills, pills for your heart, seizure medications or Parkinson's medications, take them as usual with small sips of water. 2. If you take aspirin, Advil, Motrin or any other anti-inflammatory/arthritis pills make sure you have discussed this with your physician. Tylenol is okay.