

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 **973-831-5115** **973-709-1900**

Blood Thinner:(see below*): 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 **Gavilyte** (the generic of Golytely or Nulytely) from your pharmacy at least several days prior to your procedure:

ON THE DAY BEFORE THE PROCEDURE:

1. **Before 11 am.** you may have a light breakfast.

2. **After 11 a.m.** only clear liquids can be consumed. Clear liquids are liquids that you can see light through:

Water	clear juices	Italian ice	bouillon	tea
Jell-O	7-Up and 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. **Drink a glass (240 cc which is about 8 ounces) every 10 to 15 minutes until one half of the container 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 usually 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. In the evening you can continue clear liquids by mouth if desired.

ON THE DAY OF THE PROCEDURE:

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.

- 6 hours before the scheduled procedure **repeat instruction #4** above and complete the remaining preparation.
- **Do not bring valuables such as jewelry with you. The Endoscopy Center cannot be responsible for your belongings.**
 - **After the procedure you must not drive, work or do anything that could result in injury.**
 - **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 ½ 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.

*** SPECIFIC MEDICATIONS:**

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

GLP-1 agonists such as **Ozempic, Wegovy, Trulicity and Mounjaro**. Make sure you have specifically discussed these medications with your physician or your procedure may be cancelled.