

Enteroscopy

How to prepare with GoLytely

Your enteroscopy is scheduled for _____, _____, at _____ a.m. / p.m.
DAY DATE TIME

7 Days Before	5 Days Before	1 Day Before	On Procedure Day
<p>Date: _____</p> <ul style="list-style-type: none"> • If you take blood-thinning medicines such as Coumadin (warfarin) or Plavix (clopidogrel): <ul style="list-style-type: none"> - Call the doctor who prescribed these medicines. - Tell the doctor you are having an enteroscopy, and the date of your procedure. - Ask for special instructions for your blood-thinning medicines. • Cancellations: If you need to reschedule or cancel your procedure, call 206. _____. • Discharge and transportation: <ul style="list-style-type: none"> - An adult family member or friend must pick you up when you are ready to go home. You cannot drive, take a bus or taxi, or use a service such as Hopelink or Paratransit by yourself after your test. - Your test will be cancelled if you do not have an adult family member or friend to take you home. - We strongly advise that a responsible adult stay with you for the rest of the day. 	<p>Date: _____</p> <ul style="list-style-type: none"> • Stop eating foods that contain nuts or seeds. • Stop taking iron and any multivitamin that contains iron. • Fill your GoLytely prescription. • Read this handout carefully. • If you have diabetes: <ul style="list-style-type: none"> - Call the provider who manages your diabetes medicines. - Tell the provider that you are having an enteroscopy and the date of your procedure. - Ask for special instructions for your diabetes medicines. 	<p>Date: _____</p> <ul style="list-style-type: none"> • For breakfast: You can eat plain crackers (saltines or Melba toast, no seeds), cooked cereals (farina, cream of wheat, grits), cold cereal (corn flakes, puffed rice), white rice, noodles, or pasta. • In the morning: Prepare the GoLytely solution by adding water to the container. Mix to dissolve. Store in the refrigerator. • After 12 noon: Do not eat any solid food. For the rest of the day, drink clear liquids such as juice (apple, grape, or cranberry), broth, black coffee or tea, sports drinks, soda, or gelatin (green or yellow only). • At 7 p.m.: Drink 3 liters of GoLytely (¾ of the container) within 3 hours. It should cause diarrhea. Store the rest of the GoLytely in the refrigerator. 	<p>Date: _____</p> <ul style="list-style-type: none"> • Do not eat any solid food. • 5 hours before your appointment: Drink the rest of the GoLytely (1 liter). Drink 8 ounces every 15 minutes. After you have finished the GoLytely, drink at least 16 ounces of a clear liquid. • 1 hour before or after drinking the GoLytely, take your morning medicines with water. • Keep drinking clear liquids until 2 hours before your appointment. • Starting 2 hours before your appointment: Do not take anything by mouth. <p>What to bring to your appointment:</p> <ul style="list-style-type: none"> • An adult family member or friend • A list of all medicines you currently take • Photo ID, insurance card, and co-pay, if needed • You will need to remove all jewelry and piercings before your enteroscopy. If you can, leave all valuables at home, or give them to your family member or friend for safekeeping.

Locations and Parking

Maps and parking rates are included with this handout.

Harborview Medical Center

GI Endoscopy Suite
Maleng Building, 8th Floor
410 Ninth Ave., Seattle, WA 98104
206.744.3519

Parking 24 hours a day, 7 days a week in the Ninth and Jefferson Garage (P2) off James and Terry.

University of Washington Medical Center

Digestive Disease Center
Surgery Pavilion, 3rd Floor
1959 N.E. Pacific St., Seattle, WA 98195
206.598.4377

From N.E. Pacific St., follow the signs to the Emergency Room. At the stop sign, enter the Surgery Pavilion Parking Garage on the left. After parking in the garage, take the elevator to the 3rd floor. Turn right into the Digestive Disease Center.

Eastside Specialty Center

3100 Northup Way, Bellevue, WA 98004
425.646.7777

Free parking on site.

Northwest Hospital

1550 N. 115th St., Seattle, WA 98133
206.368.1770

The Endoscopy Procedure Suite is on the 1st floor of the main hospital, across from Starbucks.

Special Instructions

- **If you take medicines for diabetes:** Your medicines will need to be adjusted for the day before and the day of your enteroscopy. Talk with your diabetes care provider about what to do on these 2 days.
- **If you have severe constipation or are taking pain medicine every day:**
 - Buy a bottle of Magnesium Citrate at a drugstore.
 - 2 days before your procedure, at 4 p.m., drink the full bottle.

What is an enteroscopy?

You are having a *balloon enteroscopy*. This test allows your doctor to look at the lining of your large intestine and the last part of your small intestine. This type of enteroscopy, which is done through the lower gastrointestinal tract (*retrograde*), uses balloons to move a tube through your intestines.

What to Expect

You will receive a *sedative* (medicine to help you relax) through an *intravenous line* (IV) placed in your vein. Most patients fall asleep. If you do not fall asleep and feel some discomfort, please tell us. We will do our best to help you be comfortable.

Your doctor will place a flexible tube called an *enteroscope* into your rectum. The tube is about as wide as a finger. Your doctor may also take *biopsies* (tissue samples), remove *polyps* (growths), or treat areas where there may be bleeding. You will not feel these procedures.

The enteroscopy takes about 45 minutes. Your appointment may last longer to allow time to prepare and recover.

Afterward, your doctor may talk with you about the results. If your results are not ready right away, we will tell you when you can expect to receive them.

Questions?

Your questions are important. Please call if you have questions or concerns. Weekdays between 8 a.m. and 5 p.m., call the clinic where your enteroscopy is scheduled. After hours and on weekends and holidays, call the Community Care Line at Harborview, 206.744.2500.