



*Stanford University Medical Center  
Department of Medicine/Gastroenterology  
300 Pasteur Drive Rm. H1121  
Stanford, CA 94305-5202  
Phone: (650) 725-3374  
Fax: (650) 723-8305*

## **Double Balloon Enteroscopy Rectal Approach (golytely)**

### **INSURANCE**

Please be certain your referring doctor has obtained insurance authorization and provides our office with a copy. They may fax it to us at (650) 723-8305. Ultimately it is your responsibility to ensure that authorization has been obtained. Please make sure that this is a Covered benefit on your insurance plan.

### **PROCEDURE**

Your doctor has recommended a procedure called **Double Balloon Enteroscopy**.

Have someone drive you or be available to drive you home the day of the procedure. Due to the sedation you will **not** be allowed to drive yourself. Somebody responsible for you can accompany you in a taxi but no public transport is allowed. This is for your own safety. Your procedure will be canceled if you do not have a ride.

It is recommended that you do not go back to work, do any strenuous exercise, drive or sign any legal documents after the procedure.

Please contact our office immediately if you have any of the following medical conditions and have not already discussed this with us:

- History of liver, kidney (dialysis), heart or lung disease.
- Anticoagulation therapy (Coumadin or Heparin).
- Excessive bleeding during previous surgery or dental extraction.
- Have diabetes.

Please notify us if you have any special health care needs.

### **PREPARATION**

Purchase the Go-lytely (or Nu-lytely) from your drugstore using the prescription enclosed. It comes in powder form and you need to mix it with water when you are ready to use it. Please note that if it is kept mixed for longer than 2 days it loses its effect.

### **7 DAYS BEFORE DOUBLE BALLOON ENTEROSCOPY**

Stop taking iron, aspirin, aspirin products or Pepto Bismol.

Please note that Tylenol (acetaminophen) does not interfere with the procedure. Please consult your physician if you have any questions about your medication, especially if you have been told not to stop taking these drugs suddenly without medical advice.

### **5 DAYS BEFORE DOUBLE BALLOON ENTEROSCOPY**

Stop taking non-steroidal anti-inflammatories (e.g. Motrin, Advil, Feldene, Naprosyn Nuprin, Celebrex and Vioxx).

## **1 DAYS BEFORE DOUBLE BALLOON ENTEROSCOPY**

Consume clear liquids all day (see menu sheet). Do not drink milk or red colored liquids as this can interfere with the test. Medicines should be taken on your regular schedule **except** for those mentioned above.

Start the 4 liters (one gallon) of Go-lytely (or Nu-lytely) between noon and 4:00pm. It will take 3 to 4 hours to drink (approximately 1 8-oz. glass every 10 to 15 minutes).

Here are a few suggestions:

- Chill the Go-lytely/Nu-lytely before drinking.
- Suck on a lemon or lime wedge after each glass.

Do not drink anything except water, if needed, while drinking the Go-lytely/Nu-lytely. After completely finishing the Go/Nu-lytely you may continue to drink any clear liquids, but no solid food.

## **DAY OF THE PROCEDURE**

Drink clear liquids only. Your preparation is complete when you are no longer passing stool but a clear yellow/green liquid.

**NOTHING BY MOUTH 4 HOURS BEFORE PROCEDURE.** Medicine should be taken on your regular schedule, except those already mentioned, until **4 hours** before the procedure.

Wear loose comfortable clothing. You may keep short sleeve clothing on during the procedure under the gown that we provide. The procedure room can be cold so you may wish to bring socks too. Please avoid using fingernail polish.

**Please arrive in registration at:** \_\_\_\_\_

**For your colonoscopy appointment at:** \_\_\_\_\_

**With Dr.**

**If you need to change or cancel this appointment please notify us at least one week in advance at the office of Gastroenterology at (650) 723-8068. This will enable us to schedule another patient for that appointment time.**

Your ride can contact the Endoscopy Unit at (650) 725-8117 to find out if you are ready to be picked up on the day of the procedure.