Your enteroscopy is scheduled for ________________, ________________, at ________ a.m. / p.m.

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<th>Date:</th>
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<td>7 Days Before</td>
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<td>5 Days Before</td>
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<td>1 Day Before</td>
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<td>On Procedure Day</td>
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<td><strong>If you take blood-thinning medicines</strong> such as Coumadin (warfarin) or Plavix (clopidogrel):</td>
<td>Stop eating foods that contain nuts or seeds.</td>
<td><strong>For breakfast:</strong> 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.</td>
<td><strong>Do not eat any solid food.</strong></td>
<td><strong>8 hours before your appointment:</strong> Drink the rest of the GoLytely. Drink 8 ounces every 15 minutes. After you have finished the GoLytely, drink at least 16 ounces of a clear liquid.</td>
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<td>- Call the doctor who prescribed these medicines.</td>
<td><strong>Stop</strong> taking iron or any multivitamin that contains iron.</td>
<td><strong>In the morning:</strong> Prepare the GoLytely solution by adding water to the container. Mix to dissolve. Store in the refrigerator.</td>
<td>1 hour before or after drinking the GoLytely, take your morning medicines with water.</td>
<td><strong>Starting 6 hours before your appointment:</strong> Do not take anything by mouth.</td>
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<td>- Tell the doctor you are having an enteroscopy, and the date of your procedure.</td>
<td><strong>Fill</strong> your GoLytely prescription.</td>
<td><strong>After 12 noon:</strong> 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).</td>
<td><strong>What to bring to your appointment:</strong></td>
<td><strong>Starting 6 hours before your appointment:</strong> Do not take anything by mouth.</td>
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<td>- Ask for special instructions for your blood-thinning medicines.</td>
<td><strong>Read</strong> this handout carefully.</td>
<td><strong>At 7 p.m.:</strong> 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.</td>
<td><strong>Your driver or escort</strong></td>
<td><strong>A list of all medicines you currently take</strong></td>
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<td><strong>Cancellations:</strong> If you need to reschedule or cancel your enteroscopy, call 206._________.</td>
<td><strong>If you have diabetes:</strong></td>
<td><strong>Starting 6 hours before your appointment:</strong> Do not take anything by mouth.</td>
<td><strong>Photo ID, insurance care, and co-pay, if needed</strong></td>
<td><strong>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 escort for safekeeping.</strong></td>
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<td><strong>Transportation:</strong> You must arrange for a responsible adult to take you home after your enteroscopy.</td>
<td>- Call the provider who manages your diabetes medicines.</td>
<td><strong>At 7 p.m.:</strong> 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.</td>
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| - You cannot drive on the day of your enteroscopy. You cannot take a taxi or bus unless you have a responsible adult to ride with you. | - Tell the provider that you are having an enteroscopy and the date of your procedure. | **What to bring to your appointment:** | | }

- **Your test will be cancelled if you arrive at the hospital and do not have a responsible adult to take you home.**
- Your escort must be in our waiting room at the time of your discharge, about 2 hours after your appointment time.
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 general anesthesia (medicine to make you sleep). After you are asleep, 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 any of 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.

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.

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.