



Stony Brook Technology Center. 3400 Nesconset Highway (8 Technology Drive). Suite 101. Setauket, NY 11733
271 Route 25A. Suite 1. Wading River, NY 11792 Phone: 631-751-8700 Fax: 631-751-5971 www.lidigestive.com

WILLIAM J. COHN, M.D.
GARY R. BERNSTEIN, M.D.
EUGENE A. COMAN, M.D.
HOWARD A. KESCHNER, M.D.
ROBERT J. BARANOWSKI, M.D.

SETH E. PERSKY, M.D.
EMILY GLAZER, M.D.
EUGENE LICHT, M.D.
H. MATTHEW COHN, M.D.
NEVA CASTRO, M.D.

MARGARET A. CARIOLA, C.A.N.P.
JILLIAN FRATEPIETRO, ANP-C
JENNA SONNENBERG, N.P.
ALYSSA ALLEN, N.P.

PROCEDURE DATE: _____ **MATHER**

ADVANCED SURGERY CENTER OF LONG ISLAND (ASCLI)

*If you need to **cancel** your procedure, please let us know **as soon as possible***

LIDDC: GOLYTELY, COLYTE, NULYTELY INSTRUCTIONS

****FOLLOW THESE INSTRUCTIONS – NOT THE PREP KIT INSTRUCTIONS****

A. MORE THAN TWO WEEKS BEFORE YOUR PROCEDURE:

Inform the office at 631-751-8700 IF:

1. You are **diabetic**
2. You are **allergic to latex**
3. You take **blood thinning products** (Coumadin, Plavix, Aggrenox, Pradaxa, Pletal, Brilinta, Ticlid, Trental, Effient, Xarelto, Eliquis)
4. You have a **prosthetic heart valve**, a history of **endocarditis**, **vascular graft**, **prosthetic joint replacement within the last 12 months**. You may need antibiotic coverage for your procedure
5. **Ensure you have a responsible party take you home from the procedure.** We may cancel the procedure if you do not have a responsible party to take you home
6. **You will be called by the surgery center (ASCLI) with your arrival time two days prior to procedure**

INSTRUCTIONS CONTINUE ON REVERSE SIDE

B. ONE WEEK BEFORE YOUR PROCEDURE

1. Do not take iron, iron-containing compounds, Vitamin E, fish-oil, Advil, Motrin, ibuprofen, Aleve, and Naprosyn. You may take Tylenol (acetaminophen)
2. If you are taking aspirin 81 mg/day (baby aspirin) you should *CONTINUE* this unless otherwise instructed
3. **Bloodwork** should be done **7-14 days prior** to the procedure

****Do not take ANY GLP 1 agonist that is dosed on a weekly basis within 7 days before your procedure. Failure to comply will result in your procedure being cancelled. The GLP 1 agonists include the following: Mounjaro, Zepbound, Ozempic, Wegovy, Trulicity, Bydureon, Byetta, Saxenda, Victoza, Adylyxin and Semaglutide. If you are taking an oral GLP 1 agonist (ex. Semaglutide pill), do not take it on the day of your procedure!****

C. THE DAY BEFORE YOUR PROCEDURE: DO NOT EAT SOLID FOOD!

****If your procedure is scheduled in Mather Hospital, call 631-476-2717 the evening before your scheduled procedure for your arrival time.**

1. **DO NOT EAT SOLID FOOD. YOU CAN ONLY HAVE CLEAR LIQUIDS!**
Drink at least 8 glasses of clear liquids. These fluids should **not be RED or PURPLE** (ex. Apple juice, water, clear broth or bouillon, Gatorade, Snapple, carbonated soda, Jello, ice popsicles, black coffee, black tea [sugar/sweetener is allowed, NO milk/creamer]).
2. You **cannot** have orange juice or other liquids you cannot see through.
3. It is very important that you stay well hydrated.

GOLYTELY INSTRUCTIONS: Call the office at 631-751-8700 if you have problems or questions about the prep

- ❖ **In the morning**, add water to bring total volume to 4 liters (level is marked on the bottle). Mix and shake well until dissolved. *Do not add additional flavoring or ingredients.*
 - Refrigerate this until ready to drink – This improves palatability
- ❖ **Start the GoLYTELY prep at 5pm.** Drink 8oz. of the prep **every 15 minutes** until you are finished. If you become nauseous, stop drinking for 30 minutes then resume drinking the prep.
 - Pace yourself until you can finish the gallon.

D. THE DAY OF YOUR PROCEDURE: DO NOT EAT ANY FOOD!

1. **Do not eat solid food on the day of your procedure.** No gum or candy.
2. You may not drink anything less than 6 hours before your procedure.
3. You may brush your teeth
4. Take your morning medications with a sip of water as directed by your physician
5. Wear loose fitting clothes. Do not wear contact lenses, jewelry, or make-up. Remove tongue piercings.
6. Bring your **inhalers & glasses case** with you
7. Contact the office if you have questions or your physical condition changes (cold, fever, illness) at 631-751-8700
8. We may **cancel your procedure if you do not have a driver to take you home.** Your driver will need to sign your discharge papers. You may **resume your normal diet** after the procedure. You may **not drive for the rest of the day/night.** You may **resume normal activities** the next day.