

## Glofil Procedure Patient Instructions

You have been scheduled for a **Glofil Procedure**, which is used to determine your kidney function. Appointment location is DNA Ft. Worth Office Practice; Baylor All Saints Professional Pavillion; 1250 8<sup>th</sup> Avenue; Suite 500; Ft. Worth, TX 76104.

There are two Glofil sessions each day, each lasting about 3 hours:  
1<sup>st</sup> session process starts at 8:30 am; 2<sup>nd</sup> session process starts at 1:00 pm.

Each session consists of a small group of patients having the same procedure, so process start-time is critical and it is very important to be on-time. If you know in advance that you will be unable to keep your appointment time, please let us know as soon as possible, so we can re-schedule and not hold up the group.

### **Patients who are late will need to be re-scheduled, once the session has started.**

- Please do not eat anything during the 1 hour prior to appointment.
- You will want to arrive as hydrated as possible, by drinking plenty of water. We suggest at least 8-15 eight-ounce glasses of water per day, 3 days prior to your test, unless you are specifically on physician orders for liquid intake restriction. If you cannot do that, please do what you can to be as hydrated as possible prior to the test.
- *Nausea* is a common side effect due to the volumes of water administered during the test.
- You will not be able to drink any liquid other than water during the test period.
- Filtered bottled water is provided by our facility, but you may bring at least 1 gallon of your own water for your test. The water may be cold but it **must not** have ice in it.
- Alcohol consumption 3 days prior to the test should be avoided.

In an effort to make your experience as pleasant as possible, please try to comply with these simple guidelines for food and fluid intake prior to your test.

### **During the Procedure:**

- We will need a urine sample from you **as soon as you arrive** for your appointment. Please plan accordingly.
- We will give you an IODINE cocktail about 15 minutes prior to the Glofil injection.
- We will calculate the amount of water to drink during the test based on your hydration.
- You will be instructed to collect urine and have blood samples drawn at regular timed intervals during the three-hour test. Please, **remain in the Glofil department** during testing and tell us anytime you have to leave the area.
- You must not **eat during test**, unless told to do so. This can cause nausea and additional unnecessary discomfort.
- Avoid any caffeine and tobacco products during testing.

**Let us know of any discomfort**, during testing period so we can make the appropriate recommendations.

**Contraindications to the Glofil procedure:**

- You **cannot** have a Glofil test done if you are allergic to iodine. If you are allergic to iodine please let your physician know, and an alternate method of testing can be ordered.
- You **cannot** have a Glofil Procedure if there is any radiation present in your system. This would occur if you have recently had any type of scan and or a stress test.
- You **cannot** have a Glofil Procedure if you are breastfeeding.
- You **cannot** have a Glofil Procedure if experiencing a menstrual cycle.

During your Glofil Procedure you will be required to make several trips to the restroom. If you are unable to do this on your own, consider bringing someone with you for assistance. This department does not have the capability to catheterize or handle bed-ridden patients as all patients must be able to follow verbal instruction and provide samples on-command at specific time intervals for accurate results.

Due to limited space in our waiting room, we suggest that no more than one family member accompany you in the waiting room. Any special requests regarding this may be discussed with us and we will certainly try to accommodate anyone if space is available.