

# Lytely Colonoscopy Prep

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Check in time: \_\_\_\_\_

Physician: \_\_\_\_\_

\_\_\_\_\_ Presbyterian Gastroenterology Lab (505) 841-1740  
1100 Silver SE Albuquerque, NM 87106

\_\_\_\_\_ Lovelace Medical Center (505) 727-7247  
601 Dr. Martin Luther King Jr. Ave Albuquerque, NM 87102

You will be given a prescription for the solution. Please fill the prescription three (3) to five (5) days prior to your procedure.

**Please follow these instructions carefully. If you have any questions, please call the office (505) 243-3514.**

- **Take usual prescription medication as prescribed unless otherwise instructed.**
- **Three (3) days prior to your procedure:** \_\_\_\_\_
  - ✓ Avoid aspirin and aspirin containing products
  - ✓ Avoid foods with seeds such as chili, fresh tomatoes etc.
  - ✓ Avoid celery, corn, nuts and popcorn
- **One (1) day prior to your procedure:** \_\_\_\_\_
  - ✓ Prepare solution by filling container with water (refrigerate if desired)
  - ✓ Have a light meal for breakfast
  - ✓ Have a clear liquid lunch
  - ✓ **NO solid foods after breakfast**
  - ✓ You may have clear liquids which include:

Strained fruit juices without pulp such as apple, white grape, lemonade, peach, etc.  
Flavored fruit drinks, gelatin, ice, flavored ice, snow cones, carbonated beverages,  
water, flavored water, clear broth, bouillon, coffee and tea.

**Milk/milk products, nondairy creamer(s) are NOT allowed**

- At 12:00 PM take (3) three Dulcolax pills by mouth. At 1:00PM start drinking prep solution. Drink 8 to 10 ounces every 10-15 minutes. It will take approximately three (3) hours to complete the entire contents. Bowel movements should occur about one (1) hour after you have started drinking the solution. Nausea and bloating are common due to the large volume of liquid, however these feelings are temporary.
- After completing the solution **DO NOT** eat solid foods.
- **Day of your procedure:** \_\_\_\_\_
  - ✓ Remain on clear liquid diet until your check in time

The administration of a mild sedative to minimize discomfort during your procedure will be used. **Therefore, you should not make important decisions or drive at for at least 24 hours. Someone must be available to drive you home.**