



# SOUTHWEST ENDOSCOPY

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Diplomates of the American Board of Internal Medicine in Gastroenterology

## GOLYTELY PREP

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

Arrival Time: \_\_\_\_\_

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

\_\_\_\_\_ **Southwest Endoscopy**  
7788 Jefferson NE  
Albuquerque, NM 87109  
(On east side of street, between  
San Antonio & Paseo Del Norte)  
(505)999-1600 phone

\_\_\_\_\_ **Lovelace Downtown**  
601 Martin Luther King Jr Ave  
Albuquerque, NM 87102  
(Report to the 1<sup>st</sup> floor “Admitting”)  
(505)727-8000 phone

### Preparation Instructions:

You are scheduled for a colonoscopy, a procedure in which a doctor examines the lining of your large intestine by looking through a flexible tube called a colonoscope. If there are any growths or other abnormalities found during the procedure, the doctor may remove the abnormal tissue for closer examination or biopsy. Please remember to arrange for a responsible adult to be here with you during the procedure. If you do not have a responsible adult driver, your procedure will be canceled and rescheduled. Review the preparation schedule below for the days preceding your colonoscopy. If you need further assistance please call the office at (505)999-1600.

#### **1 Week Prior**

#### **Purchase the following:**

**\*One-gallon Colon Prep from your pharmacy, You will need a prescription from our office.** You may get any brand of PEG lavage solution, including GoLytely, Colyte or NuLytely, brand varies per pharmacy. If unflavored you may add Crystal Light Lemonade Drink Mix.

**\*Ducolax (Bisacodyl) Laxative 5mg, 1 tablet**

**\*OPTIONAL for sore bottom – Plain or Aloe Baby Wipes, Desitin or A&D Ointment**

Discontinue iron supplements or vitamins containing iron.

If you have diabetes please consult with your doctor for further instructions on managing medication.

Let us know if you are on Plavix or Coumadin.

Do not stop taking any medications unless otherwise instructed by your GI doctor.

#### **3 Days Prior**

No fruits, vegetables, corn

No foods that contain seeds like tomatoes, green chili, sesame seed buns, etc

You can eat beef, chicken, fish, rice, pasta, breads without seeds, peanut butter, eggs, cheese and cereal.

**LAST CHANCE TO CANCEL APPOINTMENT**

Please call our office if you need to reschedule your appointment (505)999-1600  
A \$100 fee will be assessed for cancellations with less than 48 business hours notice.

**2 Days Prior**

Drink at least 8 large glasses of water throughout the day.

**NO SOLID FOODS AFTER MIDNIGHT**

**CLEAR LIQUID LIST**

Water

Coffee, Decaf Coffee (no milk or cream)

Tea (no laxative teas)

Soft Drinks – Regular or Diet

Apple, White Grape or Cranberry Juice

Gatorade, Kool-aide (NO RED OR PURPLE)

Lemonade, Limeade

Clear Fat Free Beef, Chicken or Vegetable Broth or Bouillon

Snow Cones, Popsicles (No Ice Cream or Sherbet)

Hard Candies

Jello (NO RED, Fruit or Toppings)

Alcohol is not permitted

**DO NO CONSUME RED OR PURPLE**

**PLEASE AVOID ANY LIQUIDS NOT ON THIS LIST**

**1 DAY PRIOR**

**BEGIN CLEAR LIQUID DIET – NO SOLID FOODS**

\*12pm: Take 5mg Bisacodyl laxative tablet with 8oz of water.

\*Drink at least 6 large glasses of water during the afternoon.

\*Thoroughly mix your one-gallon prep.

**Morning Procedure:** After your clear liquid dinner, drink an 8oz glass of prep every 10-15 minutes, if this is difficult try every 20 minutes. Continue drinking until you finish the whole gallon.

**Afternoon Procedure:** You may drink your prep on the morning of your procedure, starting at least 5 hours prior to your appointment time. Follow the above directions.

**Procedure Day**

\*You may only drink clear liquids until your scheduled procedure time.

\*Take completed Southwest Endoscopy Patient Medication History with you to the procedure.

\*Do not bring or wear jewelry. Leave valuables with the responsible adult who accompanies you.

\*Take your medications at least 2 hours prior to your procedure. **Do not skip heart, blood pressure or seizure medications.**

\*You will need your **Current Insurance Card, Picture ID and Copayment.**