

### Colonoscopy Gavilyte/Golytely/Colyte

We strive to provide the safest care for all of our patients. As a result, some procedures may take longer for some patients than others. We ask for your patience and that you plan to be with us for at least 2 to 3 hours.

**If you must cancel or reschedule your appointment, 619-588-4074 Option 1, If not canceled before the 5th day there is a \$100 charge.**

#### **Five days before your colonoscopy:**

- Start a low fiber diet (see food examples below).
- Stop iron, including medications or vitamins that contain iron.
- Arrange to have someone 18 or older drive you to and from your procedure.
- Have plenty of clear liquids available at home (see drink examples below).

#### **Perfect meal for the week:**

- Concentrate on meat and rice rather fruits and veggies

#### **ONE DAY before your colonoscopy:**

- Drink only clear liquids all day. Do not eat solid foods or milk products. Drink 8 ounces (oz.) of clear liquid every hour while awake. 8 oz. is equal to one measuring cup.
- **At 8:00 am** add water up to the fill line of the bowel prep jug. Mix well and place in the refrigerator.
- **At 5:00 pm** start drinking your bowel prep.
  - You will need to drink 8 oz. of prep solution every 10-15 minutes until HALF of the solution is finished.
- Continue to drink other clear liquids. This will help the medicine to clean your bowels. The more clear liquids you drink, the better the medicine works.
- Stay close to a bathroom. Cleaning your colon causes diarrhea.\

#### **DAY OF your colonoscopy:**

- It is OK to take medications up to 2 hours before your procedure unless instructed otherwise by your healthcare provider.
- **5 hours before you leave home** begin drinking the other half of your bowel prep jug.
  - You may need to start in the middle of the night for an early morning procedure. Timing is essential.
  - You will need to drink 8 oz. of prep solution every 10-15 minutes until the SECOND HALF of the solution is finished.
- **2 hours before your scheduled procedure time** stop drinking any liquids.
- Bring requested items to your procedure, ID and Insurance Card
- **Arrive** with a responsible adult who will be able to accompany you home.

### **FOOD GROUPS**

GROUP	RECOMMEDED	AVOID
Bars	NONE	AVOID ALL; protein bars, cereal bars, nuts bars
Beverages	Coffee, tea; soft drinks if clear, water	AVOID all others
Breads & Grains	None	AVOID ALL
Dairy	None	AVOID ALL milk products, cheese...
Fats & Oils	None	AVOID ALL
Fruits	Fruit juice without pulp	AVOID ALL nectars all fresh, canned and frozen fruits; citrus, orange and grapefruit
Honey	None	AVOID ALL
Meat Substitutes	None	AVOID ALL
Nuts; Seeds; Popcorn	NONE	AVOID ALL
Soups	Bouillon, consommé, fat free broth	AVOID all others
Sweets & Desserts	Gelatin	AVOID ALL
Vegetables	None	AVOID ALL

Special Consideration: After surgery and fasting, should persistent abdominal cramps or discomfort occur with a clear liquid diet, the patient should notify the physician, nurse or dietitian at once. In preparation for a medical test, it is important that the clear liquid diet be followed exactly. **Remember that the value of the examination will depend on getting a thoroughly clean bowel.**