

Colonoscopy Gavilyte Golytely 2 bottles

*****Important:** Do not follow directions on the bottle. Follow directions written below.***

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 If not canceled before the 5th day there is a \$100 charge.

Five days before your colonoscopy:

- Start a low fiber diet, see recommended diet 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 recommended diet below.

The day before Colonoscopy

At 8:00 am: You should have two jugs. Do not combine jugs, mix them separately. Add water up to the fill line of the bowel prep jugs. Mix well and place both jugs in the refrigerator.

- ☐ Can have a light breakfast (eggs, yogurt, white toast). Avoid all cereals, fruit, seeds, nuts and meat products.
- ☐ After your light breakfast drink only clear liquids for the entire 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 5:00 pm start drinking your first bowel prep jug.

- You will need to drink 8 oz. of prep solution every 10-15 minutes until at least three fourths (3/4) of the solution of the first jug is finished.
- ☐ Continue to drink other clear liquids. This will help the medicine to clear your bowels. The more clear liquids you drink, the better the medicine work.
- ☐ **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.
- ☐ **5-6 hours before you leave home** begin drinking the second 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 8oz of prep solution every 10-15 minutes until at least half of the solution of your second jug is finished.
- ☐ **3 hours before your procedure time** stop drinking all liquids.
- ☐ **Arrive at specified arrival time** with a responsible adult who will be able to accompany you home.

SEE OTHER SIDE FOR MEAL PLAN; MUST PREP PROPERLY

Perfect meal for the week:

- Concentrate on meat and rice rather fruits and veggies

Day before the procedure:

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. ***If you must eat only eat what's bullet pointed below:

- Light breakfast - bland eggs NO veggies, plain white toast NO grains
- Lunch - bland piece of chicken, white toast NO grains, eggs, NO veggies, NO nuts, NO seeds
- Clear liquid diet after that

FOOD GROUPS

GROUP	RECOMMENDED	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.**