

COLONOSCOPY PREP INSTRUCTIONS

GAVILYTE & GOLYTELY (2 JUGS)

Note: Please do not follow the directions on the bottle. Follow the directions written below!

01. Five days before your Colonoscopy

- Start a low fiber diet, focus more on meat and rice rather than fruits and vegetables.
- Stop iron, including medications or vitamins that contain iron.
- Arrange to have someone 18 or older drive you to and from your procedure.
- Drink plenty of liquids.

02. Three days before your Colonoscopy

- **Please avoid the following until the day of your procedure:** Vegetables such as corn, nuts, seeds, broccoli, cauliflower, carrots, celery, protein bar or shake and dairy products.

03. THE DAY BEFORE your Colonoscopy

At 8:00 am: Add water up to the fill line of the bowel prep jug. Mix well then place in the refrigerator.

- Drink only clear liquids the entire day. Drink 8 ounces (oz.) of clear liquid every hour while awake. 8 oz. is equal to one measuring cup.
- You can still have jello or water-based popsicles, as long as they are not colored as red or purple, or you can opt for fat-free broth as a substitute.
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At 5:00 pm: Start drinking the first jug of the bowel prep.

- **Directions:** You will need to drink 8 oz. of the prep solution every 10-15 minutes until you finish at least 3/4 of the first jug.
- 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.

04. THE DAY OF your Colonoscopy

Note: It is OK to take your medication up to 2 hours before your procedure unless instructed otherwise by your healthcare provider.

- **6 hours before your procedure:** Begin drinking the second jug of the bowel prep.
- 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 the prep solution every 10-15 minutes until at least half of the second jug.
- 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.
- **3 hours before your procedure:** Stop drinking all liquids.

