

GaviLyte Colonoscopy Instructions

Get the GaviLyte prescription from your pharmacy.

Day before Exam — Clear liquid diet only

Step 1 — Early in the Day

- Prepare solution according to package directions.
- Mix to dissolve. You may use Gatorade (not red color) instead of water to dissolve the powder.
- Most people agree that bowel preps taste better if chilled. We suggest putting the mixed GaviLyte solution in the refrigerator.
- The reconstituted solution should be used within 24 hours.

Step 2 - Beginning at 5:00 PM

- ***Start drinking the first 12 glasses of the prep.*** A good pace is an 8 oz. glass every 15-20 minutes.
- You may ***drink only water after you have started the prep.***
- You may rinse your mouth with water or mouthwash after drinking.
- You can suck on hard candy or lollipops (no red or purple).

Beginning at 10:00 PM or 6 hours before your appointment

Finish the remainder of the prep, drinking an 8 oz glass every 15-20 minutes. The split dosage is important because it results in optimal clearing of the colon.

The prep will not keep you hydrated. You should continue drinking clear liquids until you start the prep and then only water. **You must complete drinking all the prep.** Your results should be light yellow to clear.