Colonoscopy Prep

Gavilyte



PHARMACY PICKUP:

This can be picked up at your pharmacy. This kit will cause stools to become liquid and eventually yellow to clear in color.

THE DAY BEFORE:

The day before your colonoscopy you should drink only clear liquids (avoid red and purple) for breakfast, lunch, and dinner.

- Solid foods, including milk and other dairy products, are NOT allowed.
- Clear liquids include water, juice without pulp, chicken or beef broth, plain Jell-O, Gatorade, popsicles, coffee (without creamer), soda, tea, lemonade, sports drinks, or Kool-Aid.

MORNING - THE DAY BEFORE PROCEDURE:

Mix your colon prep solution in the morning. Fill the bottle with lukewarm water to the fill line and add flavor packet, if included. Replace the cap and shake until dissolved. The solution should be used within 48 hours. Place jug in refrigerator. This bowel prep tastes better when chilled.

NOTE:

Do not take oral medications for one hour prior to beginning prep.

Lucas County Health Center
An Affiliate of UnityPoint Health

Beginning Bowel Prep

5:30 PM - BEGIN DRINKING PREP:

Begin drinking bowel prep. You should drink 8 ounces every 10 - 30 minutes. You will need to consume a minimum of 2 quarts (or ½ solution.) It is preferred you drink at least 3 quarts (or ¾.) Rapid drinking of each portion is better than drinking small amounts or taking sips.

The first bowel movement should occur approximately 1 hour after the start of prep. It may cause abdominal bloating or distention before bowel starts to move. Continue drinking until the stool is clear and free of solid matter. It is best to drink all of the solution. Discard any unused portion. **DO NOT EAT OR DRINK AFTER MIDNIGHT. You must complete all steps for your procedure.**

MEDICATION NOTES:

- No Coumadin, Plavix, aspirin products, blood thinners, or anti-inflammatory drugs (arthritis drugs, Motrin, Advil, naprosyn, etc.) are allowed for 5-7 days prior to colonoscopy, unless advised differently by your surgeon.
- Tylenol/acetaminophen is okay the prior week.
- Please check with your primary care provider regarding diabetic medications.
- You are allowed to take the following medications the morning of your procedure: blood pressure, heart, seizure, and breathing.
- If you have nausea/vomiting after starting bowel prep, STOP and wait until you feel better before resuming. Waiting 30+ minutes is okay in order to keep the bowel prep in.

Questions?

If you have any questions or concerns, please feel free to reach out to our Surgery Team.

(641) 774-3374 | www.lchcia.com