

Gavilyte Bowel Prep Instructions

One Week Before:

- Avoid eating: seeds, nuts, granola, corn, quinoa, and popcorn
- Review the **Medication Tab** also on the COSC website to hold specific medications.
- Make sure to fill out your health history on www.1MP.com Not doing so could result in a cancellation or a reschedule of your procedure(s).

One Day Before Colonoscopy:

- **CLEAR LIQUIDS ONLY** - no solid food
 - Allowed
 - Clear Fat-Free Broth (any flavor)
 - Tea or Coffee (no creamer or dairy) - sugar/honey are ok
 - Clear juices - apple, white grape
 - Carbonated beverages - Coke, Pepsi, Ginger-Ale, 7UP, Sprite, Ice - flavored water
 - Gatorade or other sports drinks
 - Flavored gelatin (Jello)
 - Popsicles (without milk or fruit pieces)
 - Electrolyte Water - Propel, Smartwater, Fuji Water
 - Clear Ensure - NOT chocolate, strawberry, or vanilla
 - NOT Allowed
 - No dairy products (including oat and soy milk)
 - No alcohol
 - No juices with pulp (orange, pineapple, grapefruit)
 - No lemons or limes (including lemonade)

****NOTHING THAT IS RED, BLUE, OR PURPLE****

It is important that you drink fluids and stay well hydrated prior to your colonoscopy.

****You MUST remain on a clear liquid diet until after your colonoscopy****

Bowel Prep:

- Follow these instructions - DO NOT FOLLOW INSTRUCTIONS ON THE BOX

Gavilyte Instructions:

For your procedure you will take one half of the prep the afternoon before the procedure, and the other half the day of the procedure.

Make sure to purchase:

- 128 oz of Gatorade (**not red, blue or purple**), Propel or Smart Water
It must contain electrolytes

OPTIONAL - Take one tablet of ondansetron 30 minutes prior to each dose of Gavalyte for nausea.

Two Days Before Colonoscopy

In the Evening:

- Mix the Gavalyte with 128oz (1 gallon) of Gatorade according to the instructions of the bottle.
- Shake and stir well until the powder is dissolved.
- Store the solution in the refrigerator.

One Day Before Colonoscopy

At 12 Noon: Begin drinking one 8 oz glass of the prep every 10-15 minutes until 1/2 of the container is gone. It is best to keep the solution cold and rapidly drink the whole glass rather than slowly sipping. When you complete the first half of the container, put it back in refrigerator.

Continue to drink a variety of clear liquids ALL DAY.

Day of Colonoscopy

In the Morning: Count back 6 hours from the time you are to arrive and finish drinking the last 1/2 of the container, ONE 8 oz glass every 10-15 minutes, until gone. Be sure to finish **ALL** of the solution.

Please drink additional clear liquids (water, black coffee - without milk or cream), apple juice, soda pop or club soda) until **4 hours of ARRIVAL time**.

Day of Procedure:

- **Do NOT smoke, chew tobacco, chew gum, or have hard candies or mints**
- ONLY CLEAR LIQUIDS- no solid food
 - Water
 - Black coffee (no creamer or dairy products) - sugar/honey are ok
 - Apple juice
 - Clear soda - 7Up, Sprite, club soda

****NOTHING BY MOUTH 4 HOURS PRIOR TO ARRIVAL OR YOUR CASE WILL BE CANCELLED****