

SAN JOSE GASTROENTEROLOGY

Phone (408) 347-9001 | Fax (408) 347-9004 | www.sjgi.com | contact@sjgi.com

INSTRUCTIONS FOR COLONOSCOPY BOWEL PREPARATION AM with GAVILYTE-H

For the best possible examination, please follow the instructions below carefully.

- You must have a responsible adult (age 18 or older) to drive you home after your procedure. This does not include rideshare such as taxi, Uber. The sedative medication makes it unsafe to drive on the day of the procedure. **If you do not have a chaperone to drive you home, the appointment may need to be cancelled.**
- **Plan to take the day off from work.** Do not bring children to your appointment. Leave jewelry and valuable items at home.
- Bring all of your daily medication to the colonoscopy
- **DIABETIC PATIENTS** - Remember to check your sugars the morning of your procedure!
-Hold all OraL diabetes medications the day before and the day of the procedure
-If you take insulin, take One Half of your npH (or long acting insulin) the morning of the day before the procedure. Check your sugars and take the regular (or short acting) insulin per sliding scale the day before procedure. **Do not take any insulin on the day of the procedure!**

**** ONE (1) WEEK BEFORE THE COLONOSCOPY:**

1. **STOP** iron pills, vitamins and herbs. **AVOID** seeds and fibers (berries, multi grain bread, popcorn)
2. If you need something for pain you may take Tylenol or morphine products only (stop taking Aspirin, Advil, Aleve, Ibuprofen, Motrin, Aggrenox, Diclofenac, Etodolac, Excedrin, Indocin, Medipren, Meloxicam, Naprosyn, Nupren, Relafen (Nabumetone) and Alka-Seltzer.)
3. **OBTAIN** Gavilyte from your pharmacy. Package contents: 2-liter container, Flavor packs - Orange, Lemon and Cherry, GaviLyte-H powder and Bisacodyl DR tablet. **If this medication is replaced due to insurance requirement, please inform SJGI so new instruction can be given to you.**

**** ONE (1) DAY BEFORE THE COLONOSCOPY:** You will be on a CLEAR LIQUID DIET FOR THE ENTIRE DAY.

For a full 24 hours prior to the colonoscopy, you must be on a clear liquid diet limited to water and the following:		DO NOT eat solid food DO NOT chew gum DO NOT drink any of the following: <ul style="list-style-type: none">▪ NO red or purple liquid▪ NO liquids that you can't see through▪ NO alcoholic beverages▪ NO milk products
Black coffee (no milk / no cream) Tea (black, green) Gatorade (clear) Popsicle w/o fruit or seed	7-UP Clear broth Apple Juice Jello (No red or purple)	

IF YOUR APPOINTMENT FOR COLONOSCOPY IS IN THE MORNING (BEFORE 12 PM)

**** ONE DAY PRIOR TO COLONOSCOPY**

- **9 AM** Take one 5mg bisacodyl delayed-release tablet with water. Do NOT chew or crush the tablet.
 - **12 Noon**
Mix your Gavilyte and refrigerate. Tear open one Flavor Pack of choice and pour into GaviLyte-H bottle. Prepare the solution by filling the container to the 2L mark with lukewarm drinking water. Make sure to fill all the way to the FILL LINE. Cap the container. Shake vigorously to dissolve the powder. If desired, refrigerate the solution before drinking.
 - **2 PM – 4 PM**
You will drink the solution in two sessions (1/2 gallon in afternoon and 1/2 gallon in evening). Drink Half of the Gavilyte solution from 2-4pm, about one glass (8 oz) every 10-15 minutes. Bloating and symptoms of nausea are common—you can stop and slow down the preparation if they are severe.
 - **8 PM – 10 PM** Drink the other half of the Gavilyte. Then drink at least 2-4 glasses of clear fluids in addition to this (and up to 2 hours before your appointment)
-

IF YOUR APPOINTMENT FOR COLONOSCOPY IS 12PM OR LATER

**** ONE DAY PRIOR TO COLONOSCOPY**

- **2 PM** Take one 5mg bisacodyl delayed-release tablet with water. Do NOT chew or crush the tablet.

Mix your Gavilyte and refrigerate. Tear open one Flavor Pack of choice and pour into GaviLyte-H bottle. Prepare the solution by filling the container to the 2L mark with lukewarm drinking water. Make sure to fill all the way to the FILL LINE. Cap the container. Shake vigorously to dissolve the powder. If desired, refrigerate the solution before drinking.

- **7 PM – 9 PM**
You will drink the solution in two sessions (1/2 gallon in evening and 1/2 gallon the following morning). Drink Half of the Gavilyte solution from 7 pm - 9 pm, about one glass (8 oz) every 10-15 minutes. Refrigerate the other half of the solution for tomorrow. Bloating and symptoms of nausea are common—you can stop and slow down the preparation if they are severe.
-

**** ON DAY OF THE COLONOSCOPY**

- **6 AM – 8 AM**

Drink the other half of the Gavilyte solution; you must finish by 8am.

Then drink at least 2-4 glasses of clear fluids in addition to this. Stop drinking all liquids at least two (2) hours before your appointment time.

- **STOP** drinking two (2) hours before your appointment time.

If you have a morning appointment, try to drink at least two 8oz. Glasses of clear liquid.

If you have a afternoon appointment, try to drink at least 4-6 8oz. glasses of clear liquid.

- **STOP** all diabetes medications before procedure time. OK to resume all medications after procedure.

- **BRING** all of your daily medication to the colonoscopy. **TAKE** your heart/blood pressure medication with small sips of water the morning of you colonoscopy.

If you have any questions, please contact our office at **408-347-9001**. If you need to reschedule or cancel your appointment, kindly give **3 business days notice**.

Thank you very much for your cooperation.