

Colonoscopy Preparation Using Gavilyte / Colyte

Arrival Time _____ Appointment Time _____

Date _____ Location _____ Doctor _____

When	What You Need To Do	Details
7 days before your procedure	Arrange for someone to drive you to your procedure and back home. Check which medications you may need to stop.	See medication instructions on the next page. Call your doctor if you have questions about your medications.
3 days before Morning	Stop eating high-fiber foods as of this morning.	High-fiber foods include salads, seeds, nuts, and popcorn.
2 days before Daytime	Eat normally during the day, and avoid high-fiber foods.	Don't drink smoothies, shakes, or milk. Avoid drinks that are purple, red, or orange.
Dinner	This dinner will be your last solid food before the procedure.	Eat a small dinner.
1 day before Daytime	When you wake up, start drinking only clear liquids. Drink 8 ounces of clear liquid every hour while you're awake today.	Don't drink coffee or alcohol. See list of clear liquids on the next page.
4 p.m.	Begin drinking 1/2 gallon (64 ounces) of Gavilyte/Colyte. Drink 8 ounces every 15 to 30 minutes.	Mix Gavilyte/Colyte with 1 gallon (128 ounces) of water until it's dissolved.
Bedtime	Keep drinking clear liquids until bedtime.	You may need to use the bathroom at night.
Day of Procedure Morning	Five hours before your procedure, begin drinking the rest of the Gavilyte/Colyte solution. Drink 8 ounces every 15 to 30 minutes. You must stop drinking 3 hours before your appointment time. You may take your allowed medications on the day of your procedure with a small sip of water. (Call your doctor if you have questions.)	It should take about 2 hours to finish the Gavilyte/Colyte solution. If your appointment is for 8:30 a.m., you need to get up at 3:30 a.m. in order to finish the Gavilyte/Colyte solution by 5:30 a.m. (which is 3 hours before procedure).