



# PREPARATION FOR Afternoon COLONOSCOPY (After 12pm) GaviLyte- G



## Diet

The day **before** the colonoscopy, you may only have a **CLEAR LIQUID DIET**. Clear liquid diet consists of plenty of water, tea, fruit juices **WITHOUT** pulp (like apple juice), Gatorade, clear soft drinks, clear broth and jello (**Please no red or purple jello**).

You should take all your medications as usual with water with the exception of **aspirin** or **iron** supplement. **If you are diabetic**, and take Insulin or diabetic medication, take only half the dose you normally take.

**Nothing** to eat or drink after 12:00 midnight.

## Medication

Please purchase **GaviLyte-G** from the pharmacy (prescription is provided).

**STEP ONE:** In the morning or afternoon the **DAY BEFORE** your colonoscopy fill the bottle with **COLD** water to the "Fill Line". Shake the contents and then refrigerate.

**STEP TWO:** The evening before your procedure, beginning at **7pm**, drink **HALF** OF THE BOTTLE within 1.5 HOURS (8 oz every 10-15 minutes) until you reach to about half of the bottle. Place the remaining half of the bottle back in the refrigerator. **After you finish drinking the first half of the bottle, drink 16 oz of any clear fluid.**

**STEP THREE:** Beginning at **6AM** the **day of the procedure**, drink the **REMAINING HALF OF THE BOTTLE** within 1.5 HOURS (8 oz every 15 minutes) until the bottle is empty. **After you finish drinking the second dose, drink 16 oz of any clear fluid. ALL liquids should be finished by 7:30am** (any later could delay your procedure).

Mild nausea, fullness, and abdominal discomfort are not unusual.

If you have any questions regarding the preparation, please do not hesitate to call the office.

**NOTHING to eat or drink** after 12:00 midnight, and **NOTHING to eat or drink** the day of the procedure except **SPECIFIED** medications. **Diabetics** should hold their morning dose and check a finger stick before coming for their procedure.