



Colonoscopy prep instructions

Gavilyte 1-day prep

You have been scheduled to have a colonoscopy. A colonoscopy is a procedure that lets your doctor examine the inner lining of the colon to check for colon polyps and colon cancer. A colonoscopy can find cancer and can save lives. The most important step before your procedure is to empty your colon by staying on a clear liquid diet followed by taking the “bowel prep solution” as described below. If you have diabetes, please read the Diabetes Medication Guide for Colonoscopy Prep.

Clear liquid diet

- Your colon must be completely empty and clean in order to get the correct results from your colonoscopy.
- One day before your procedure and before drinking the bowel prep solution, your doctor will place you on a clear liquid diet.
- A liquid is considered clear if you can read through it.

Use this simple test to see if you can figure out what to drink, and what not to drink.

Can you read the newspaper?



This is apple juice. Apple juice is clear because you can read the newspaper through it.

YOU CAN DRINK THIS



This is orange juice. Orange juice is not clear because you cannot read the newspaper through it.

DON'T DRINK THIS

These drinks are
OK



Soda pop, ginger ale,
and club soda



Water and mineral
water



Black coffee
(No cream or milk)



Clear sports drinks



Apple juice



Tea

These drinks are
NOT OK



NO

Milkshakes



NO

Coffee with
cream



NO

Pineapple juice



NO

Orange juice



NO

Milk or dairy drinks

Other types of food and drinks that are OK

- Honey or sugar
- Clear chicken, beef or vegetable broth
- Yellow or Green Jell-O

***It is important that while you are on the clear liquid diet that you do not drink or eat anything that has a red, orange or purple color.**

Other types of foods and drinks that are NOT OK

- Soup
- Grapefruit juice
- Tomato Juice

GAVILYTE/COLYTE Colonoscopy Prep Instructions

These foods are OK



Clear broth



Honey



Popsicle



Jell-O

These foods are NOT OK



NO

Bread, grains, rice or cereal



NO

Soup with chunks of food



NO

Meat



NO

Dairy products



NO

Vegetables



NO

Fruit

WHAT TO DO BEFORE YOU HAVE A COLONOSCOPY

You will need to buy:

- Gavilyte/Colyte laxative solution
- Bisacodyl (Dulcolax®) 5 mg
- Chewable Gas-X® (Simethicone)
- MiraLAX Laxative powder (purchase only if you have a history of constipation)
- Items for a clear liquid diet as described

WHEN	WHAT YOU NEED TO DO	DETAILS
At least 14 days before your procedure	<ul style="list-style-type: none"> • Order the following medicines by mail: <ul style="list-style-type: none"> * Gavilyte/Colyte Prep Solution * Bisacodyl (Dulcolax) Two (2) 5mg tablets * Chewable Gas-X® (Simethicone) Six (6) tablets • Make sure you have also purchased the items you need for a clear liquid diet as described in these instructions 	<p>To order by mail*:</p> <ol style="list-style-type: none"> 1. Call (800) 733-6345 to place your order, or 2. Log on to kp.org/pharmacy and follow these steps: <ul style="list-style-type: none"> • Scroll down to “Ready for Fill” • Add all 3 medicines to the order • Go to your cart to complete your order <p>*Only takes 3-5 business days to receive</p>
At least 7 days before your procedure	<ul style="list-style-type: none"> • Review the details of these instructions and recommendations 	
	<ul style="list-style-type: none"> • Arrange for someone to drive you to and from your procedure • Check which medicines you may need to stop especially if you are taking any blood thinning medications like Coumadin, Plavix, Lovenox or Pradaxa • If you have a history of constipation, start using MiraLAX daily 7 days in advance of your colonoscopy. Start with 1 capful of MiraLAX daily. You may increase the dose to 2+ capfuls daily if needed or if you have a history of severe constipation 	<ul style="list-style-type: none"> • The person who is escorting and driving you must stay in the building during the entire length of your procedure • If you are taking Coumadin, please consult with the Anti-Coagulation clinic
3 Days before your procedure		
All day	<ul style="list-style-type: none"> • Do NOT eat foods that are high in fiber 	<ul style="list-style-type: none"> • Review “Low-Fiber Diet for Colonoscopy Preparation”– see page 7.

WHEN	WHAT YOU NEED TO DO	DETAILS
1 Day before your procedure		
All day	<ul style="list-style-type: none"> Start drinking ONLY clear liquids - see list of acceptable clear liquids 	<ul style="list-style-type: none"> Do NOT eat any solid food Do NOT drink alcohol
12 Noon	<ul style="list-style-type: none"> Take two Dulcolax® (Bisacodyl) 5 mg tablets with at least one full glass (8 fl. oz.) of clear liquid 	<ul style="list-style-type: none"> Dulcolax® usually works within 8 hours. Do not worry if nothing happens from the Dulcolax before you start to drink the prep solution
5 p.m.	<ul style="list-style-type: none"> Mix Gavilyte/Colyte with one gallon of water until it is dissolved. Place in refrigerator 	<ul style="list-style-type: none"> Consider adding powdered flavoring (Gatorade, Crystal Light, lemonade) to improve the taste. Avoid red, orange and purple coloring
6 p.m.	<ul style="list-style-type: none"> Begin drinking the Gavilyte/Colyte solution Drink 8 ounces every 15 minutes until $\frac{2}{3}$ (two-thirds) of the bottle is consumed 	<ul style="list-style-type: none"> If you feel bloated, increase the time interval between glasses by 5-10 minutes Keep the remaining $\frac{1}{3}$ of the solution for the following day
9 p.m.	<ul style="list-style-type: none"> Chew 2 Gas-X® (Simethicone) tablets 	
10 p.m.	<ul style="list-style-type: none"> Chew 2 additional Gas-X® (Simethicone) tablets 	
At bedtime	<ul style="list-style-type: none"> Continue to only drink clear liquids until bedtime 	<ul style="list-style-type: none"> You may need to use the bathroom during the night
Day of your procedure		
In the morning	<ul style="list-style-type: none"> Chew 2 additional Gas-X® (Simethicone) tablets Finish ALL of the remaining $\frac{1}{3}$ of the Gavilyte/Colyte (six 8 oz glasses) This should take 1-2 hours to drink. 	<ul style="list-style-type: none"> You must complete your prep solution and stop drinking all liquids at least 3 hours prior to your arrival time You can take your allowed medicines on the day of your procedure with small sips of water

How do you know if your prep is working?

Look at these examples of stool colors. You want your stool to be clear.

- After drinking all of your prep, your bowel movements should be all liquid yellow and clear like picture #4 or #5.
- However, if your bowel movements are solid or look like pictures #1, #2 or #3 you are probably not prepped and will need to cancel your procedure.

 1 Dark and murky. NOT OK	 2 Brown and murky. NOT OK	 3 Dark orange and semi-clear. NOT OK	 4 Light orange and mostly clear. ALMOST THERE	 5 Yellow and Clear, like urine. Finish ALL of your prep and YOU'RE READY
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More information

For questions, or to cancel your appointment call the phone number found under the location for your procedure. If calling after hours, call the Nurse Advice Line.

After hours

- Nurse's Advice Line
(703) 359-7878

Procedure locations

Caton Hill Medical Center

13285 Minnieville Road
Woodbridge, VA 2219
(703) 237-4084

Falls Church Medical Center

201 North Washington Street
Lower level
Falls Church, VA 22046
(703) 237-4084

Shady Grove Medical Center

1396 Piccard Drive
2nd Floor
Rockville, MD 20850
(301) 548-5752

Capitol Hill Medical Center

700 2nd Street NE
6th Floor, Suite 605
Washington DC 20002
(202) 346-3592

Largo Medical Center

1221 Mercantile Lane
2nd Floor, Suite 202
Upper Marlboro, MD 20774
(301) 618-5609

South Baltimore Medical Center

1701 Twin Springs Road
2nd Floor
Halethorpe MD 21227
(410) 737-5381

Timonium Medical Center

2391 Greenspring Drive
Lutherville-Timonium, MD 21093
(410) 847-6355

Low-Fiber Diet for Colonoscopy Preparation

Three days before your colonoscopy, eat only low-fiber foods listed below.
Two days before, continue eating only low-fiber foods.

See the clear liquid chart for the day before, and day of, your colonoscopy.

TYPE OF FOOD OR DRINK	YES — OK to EAT THESE FOODS	NO — AVOID THESE FOODS
Milk and dairy 	OK to eat: <ul style="list-style-type: none"> • Milk • Cream • Hot chocolate • Buttermilk • Cheese, including cottage cheese • Yogurt • Sour cream 	NO yogurt mixed with: <ul style="list-style-type: none"> • nuts, seeds, granola • fruit with skin or seeds (such as berries)
Bread and grains 	OK to eat: <ul style="list-style-type: none"> • Breads and grains made with refined white flour (including rolls, muffins, bagels, pasta) • White rice • Plain crackers, such as Saltines • Low-fiber cereal (including puffed rice, cream of wheat, corn flakes) 	NO whole grains or high-fiber: <ul style="list-style-type: none"> • Brown or wild rice • Whole grain bread, rolls, pasta, or crackers • Whole grain or high-fiber cereal (including granola, raisin bran, oatmeal) • Bread or cereal with nuts or seeds
Meat 	OK to eat: <ul style="list-style-type: none"> • Chicken • Turkey • Lamb • Lean pork • Veal • Fish and seafood • Eggs • Tofu 	NO tough meat with gristle
Legumes 	None allowed	NO: <ul style="list-style-type: none"> • Dried peas (including split or black-eyed) • Dried beans (including kidney, pinto, garbanzo/chickpea) • Lentils • Any other legume

TYPE OF FOOD OR DRINK	YES — OK to EAT THESE FOODS	NO — AVOID THESE FOODS
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Fruits



OK to eat:

- Fruit juice without pulp
- Applesauce
- Ripe cantaloupe and honeydew
- Ripe, peeled apricots and peaches
- Canned or cooked fruit without seeds or skin

NO seeds, skin, membranes; or dried fruit:

- Raw fruit with seeds, skin, or membranes (includes berries, pine apple, apples, oranges, watermelon)
- Any cooked or canned fruit with seeds or skin
- Raisins or other dried fruit

Vegetables



OK for some if cooked or canned:

- Canned or cooked vegetables without skin or peel (includes peeled carrots, mushrooms, turnips, asparagus tips)
- Potatoes without skin
- Cucumbers without seeds or peel

NO raw, skin, seeds, peel; or certain other vegetables:

- Corn
- Potatoes with skin
- Tomatoes
- Cucumbers with seeds and peel
- Cooked cabbage or Brussels sprouts
- Green peas
- Summer and winter squash
- Lima beans

Nuts, nut butter, seeds



OK to eat:

- Creamy (smooth) peanut or almond butter

NO nuts or seeds:

- Nuts including peanuts, almonds, walnuts
- Chunky nut butter
- Seeds such as fennel, sesame, pumpkin, sunflower

Fats and oils



OK to eat:

- Butter
- Margarine
- Vegetable and other oils
- Mayonnaise
- Salad dressings made without seeds or nuts

NO salad dressing made with seeds or nuts

Soups**OK to eat:**

- Broth, bouillon, consommé, and strained soups
- Milk or cream-based soup, strained

No:

- Unstrained soups
- Chili
- Lentil soup
- Dried bean soup
- Corn soup
- Pea soup

Desserts**OK to eat:**

- Custard
- Plain pudding
- Ice cream
- Sherbet or sorbet
- Jell-O or gelatin without added fruit or red or purple dye
- Cookies or cake made with white flour, prepared without seeds, dried fruit, or nuts

NO:

- Coconut
- Anything with seeds or nuts
- Anything with added red or purple dye
- Cookies or cakes made with whole grain flour, seeds, dried fruit, or nuts

Drinks or beverages**OK to eat:**

- Coffee
- Tea
- Hot chocolate or cocoa
- Clear fruit drinks (no pulp)
- Soda and other carbonated beverages
- Ensure, Boost, or Enlive without added fiber

NO:

- Fruit or vegetable juice with pulp
- Beverages with red or purple dye

Other**OK to eat:**

- Sugar
- Salt
- Jelly
- Honey
- Syrup
- Lemon juice

NO:

- Coconut
- Popcorn
- Jam
- Marmalade
- Relishes
- Pickles
- Olives
- Stone-ground mustard

Diabetes medication guide (insulin/tablets) for colonoscopy prep

Check your blood sugar often (at least every 3 hours). Since you will be fasting, your blood sugar may drop faster than normal. If you have symptoms of low blood sugar, treat with sugar or glucose tablets and call the Advice nurse at **(703) 359-7878**.

Type 1 Diabetics and diabetics with insulin pumps – STOP: Contact your Endocrinologist for further instructions

Type 2 Diabetics – Follow the diabetes medication guide below as you prepare for your colonoscopy.

IF YOU TAKE:	MORNING	LUNCH/DINNER TIME	BEDTIME
TWO DAYS BEFORE YOUR COLONOSCOPY			
Oral diabetes medicines	<ul style="list-style-type: none">Forxiga, Jardiance, Steglatro, Xigduo, Jardiamet, Glyxambi, Qtern 5, Qtern 10, Segluromet, or Steglujan: stop these medication 2 days before the colonoscopy	<ul style="list-style-type: none">Forxiga, Jardiance, Steglatro, Xigduo, Jardiamet, Glyxambi, Qtern 5, Qtern 10, Segluromet, or Steglujan: stop these medication 2 days before the colonoscopy	
THE DAY BEFORE YOUR COLONOSCOPY			
Oral diabetes medicines	<ul style="list-style-type: none">Actos, Actoplus Met, Avandia, Avandamet, Byetta, Farxiga, Metformin (Glucophage), Invokana,Januvia, Janumet, Nesina, Onglyza, Tradjenta: Take your usual doseGlipizide, Prandin: Take ½ your usual dose	<ul style="list-style-type: none">Actos, Actoplus Met, Avandia, Avandamet, Byetta, Farxiga, Metformin (Glucophage), Invokana,Januvia, Janumet, Nesina, Onglyza, Tradjenta: Take your usual doseGlipizide, Prandin: Take ½ your usual dose	
Long acting insulin: Lantus, Levemir, Toujeo, Tresiba	<ul style="list-style-type: none">Take ½ your usual dose		<ul style="list-style-type: none">Take ½ your usual dose
Intermediate acting insulin: NPH, Humulin N, Novolin N			
Rapid/short acting insulin: Humalog, Novolog, Regular, Novolin R		<ul style="list-style-type: none">Take ½ your usual dose	
Premixed insulin: Humulin 70/30, Novolin 70/30, Novolog 70/30, Humulin 50/50, Humalog 75/25			
THE DAY OF YOUR COLONOSCOPY			
All oral diabetes medicines	<ul style="list-style-type: none">DO NOT TAKE	<ul style="list-style-type: none">After the procedure, eat and take your usual dose.	
Long acting insulin: Lantus, Levemir, Toujeo, Tresiba	<ul style="list-style-type: none">If blood sugar is over 100: take ½ usual doseIf blood sugar is under 100: DO NOT TAKE		<ul style="list-style-type: none">After the procedure, eat and take your usual dose.
Intermediate acting insulin: NPH, Humulin N, Novolin N			
Rapid/short acting insulin: Humalog, Novolog, Regular, Novolin R	<ul style="list-style-type: none">DO NOT TAKE	<ul style="list-style-type: none">After the procedure, eat and take your usual dose.	
Premixed insulin: Humulin 70/30, Novolin 70/30, Novolog 70/30, Humulin 50/50, Humalog 75/25	<ul style="list-style-type: none">If blood sugar is over 100: take ½ usual doseIf blood sugar is under 100: DO NOT TAKE		

HEALTH ENGAGEMENT

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