



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 colored 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.
6 p.m.	Begin drinking ½ 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 your procedure		
Morning	Five hours before your procedure, take 2 white simethicone (Gas-X) pills then begin drinking the rest of the Gavilyte/Colyte solution. Drink 8 ounces every 15 to 30 minutes. Take 2 more white simethicone Gas-X pills after finishing the Gavilyte/Colyte solution.	It should take about 2 hours to finish the Gavilyte/Colyte solution.
	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.)	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 the procedure).

Frequently Asked Questions

Which medications should I stop taking before my procedure?

- Stop anti-inflammatory medications, such as ibuprofen (Motrin, Advil) and naproxen (Aleve) 7 days before your procedure.
- Stop taking vitamins, oral iron, and herbal supplements 7 days before your procedure.
- Ask your doctor if it's safe to stop the blood thinner clopidogrel (Plavix) and aspirin/ dipyridamole (Aggrenox) 7 days before your procedure.
- Ask your doctor if it's safe to stop taking blood thinners such as warfarin (Coumadin) 5 days before your procedure, and dabigatran (Pradaxa) 2 days before your procedure.
- Ask your doctor when to stop taking the anticoagulants rivaroxaban (Xarelto), apixaban (Eliquis), or edoxaban (Savaysa).
- Don't take your diuretics (water pills) **the day before or the morning of your procedure.**

Which medications am I allowed to take?

- Continue to take your blood pressure medications, such as atenolol, metoprolol, carvedilol, or lisinopril.
- **Don't stop** your daily low dose (81 mg) aspirin treatment. Tylenol is OK to continue taking.
- Contact your doctor if you have any questions about your medications.

What exactly can I drink during the day when I'm only taking "clear liquids"?

- You may have water, tea (without cream or milk), Gatorade, apple juice, Sprite, 7-Up, ginger ale, or yellow or green Jell-O. Many people like to drink chicken, beef, or vegetable broth.
- Be sure none of the liquids are red, orange, or purple.

How exactly should I take the Gavilyte/Colyte?

Please purchase the following:

- Pick up the Gavilyte/Colyte from the pharmacy.
- Four tablets of white simethicone (Gas-X) 80 mg each.
- **At 6 p.m.**, the night before your procedure, mix Gavilyte/Colyte with 1 gallon (128 ounces) of water until it's dissolved. You'll drink half a gallon now, and the rest in the morning. Drink about 8 ounces every 15 to 30 minutes over 2 hours. Keep the other half in the refrigerator to drink later. Because you're taking a laxative, you'll want to stay close to home near a bathroom.
- **Five hours** before your procedure, take 2 Gas-X pills then begin drinking the other half gallon. It should take you 2 hours to finish. Take 2 more Gas-X pills after finishing the Gavilyte/Colyte solution. Depending on the time of your procedure, you may need to wake up early to drink the rest

of the solution. Remember that you must **stop drinking any liquids 3 hours** before your appointment time.

- The correct timing is very important to make sure your colon is clean enough for a successful exam. Stool remaining in the colon can hide polyps or other abnormalities. If we're not able to thoroughly examine your colon, you may have to reschedule the procedure.

What do I need to remember on the morning of my appointment?

- Be sure to follow the instructions about how to drink the Gavilyte/Colyte exactly as provided.
- You may take your regular **allowed** medications on the morning of your appointment. Bring a list of all your current medications to your procedure.
- Please don't wear contact lenses or jewelry. Don't bring valuables with you.
- Wear comfortable, loose fitting clothes, and flat shoes or sneakers.
- Don't apply lotion.
- You must have a driver bring you and stay during the 2 to 3 hours of your procedure. Unfortunately, we'd need to reschedule your appointment if you don't have a driver.

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult your doctor. Kaiser Permanente does not endorse the medications or products mentioned. Any trade names listed are for easy identification only.

Additional Instructions for Patients with Diabetes

Type 2 Diabetes	Type 1 Diabetes
Day before your procedure	
<p>Take ½ of the usual dose of your diabetes medications, including both insulin and oral medications, in the morning before your clear liquids.</p> <p>Check your blood sugars at least twice: in the morning before beginning your clear liquids and at bedtime.</p>	<p>Contact your endocrinologist or diabetes care doctor.</p>
Day of your procedure	
<p>Don't take any oral diabetes medications, such as glipizide (Glucotrol) or pioglitazone (Actos). You may continue metformin (Glucophage). Check your blood sugar in the morning before arrival time.</p>	<p>If you take any long-acting insulin, take half the dose.</p> <p>Don't take any short-acting insulin (Insulin Regular, Lispro) unless you're using a sliding scale. Check your blood sugar in the morning before your arrival time.</p>