



Colonoscopy Preparation Using Gavilyte/Colyte and Simethicone

Date: _____ Time: _____ Doctor: _____ Location: _____

✓ 7 days before your colonoscopy

Adjust your medications starting today if needed. Review the medication instructions provided by your care team or find them at kpdoc.org/colonprepmeds.

Make plans for someone to drive you to and from the medical center on the day of your procedure. Your driver may need to wait for you during the procedure and recovery period (usually about 2 to 3 hours).

Arrange to get your colonoscopy preparation solution and medications this week. You'll need these the afternoon before your procedure. Your prescriptions can be delivered to your home within a few days. Order online at kp.org/pharmacy or call the Kaiser Permanente pharmacy at (888) 218-6245.

✓ 3 days before

Stop eating high-fiber foods today.

- Avoid fruit, vegetables, whole-grain cereal (including oatmeal) and bread, beans, seeds, nuts, popcorn, and legumes.
- Enjoy low-fiber foods, such as white rice, potatoes, eggs, lean meats, applesauce, yogurt, and cheese.

✓ 2 days before

Continue to avoid high-fiber foods today. Eat only low-fiber foods.

Don't drink smoothies, shakes, or milk. Avoid red, orange, or purple beverages.

Eat a small meal at dinnertime. This is your last solid food before the procedure.

✓ 1 day before

Don't eat any solid food today. Start drinking clear liquids only. Drink at least 1 cup of clear liquids each hour you're awake.

- Clear liquids include water, tea (without cream or milk), Gatorade, apple juice, Sprite, 7-Up, or ginger ale. You may also drink chicken, beef, and vegetable broth, or eat yellow or green Jell-O.
- Don't drink coffee or alcohol, or consume anything that's red, orange, or purple.



6 p.m.

Make sure you're at home and near an unoccupied bathroom. The bowel-preparation solution (below) can work quickly and will cause multiple bowel movements. Drinking it cold (refrigerated or over ice) and through a straw may make it easier to drink. Use yellow- or green-powdered flavor packets to help disguise the taste.

Mix Gavilyte/Colyte with 1 gallon (16 cups) of water until it's dissolved (add flavor packets if desired).

Begin drinking ½ gallon (8 cups) of the mixed Gavilyte/Colyte solution. (Save the remaining ½ gallon for tomorrow.)

Drink 1 cup (8 ounces) every 15 minutes. It should take about 2 hours to finish the ½ gallon.

Evening

Keep drinking clear liquids until bedtime. You may need to use the bathroom at night.

Day of your colonoscopy

Don't eat any solid food.

Take your **allowed** medications. Review the medication instructions provided by your care team or find them at kpdoc.org/colonprepmeds.

 5 hours before appointment time	Take 2 simethicone (Gas-X) pills. Begin drinking the rest of the Gavilyte/Colyte solution. Drink 1 cup (8 ounces) every 15 minutes. It should take about 2 hours to finish the solution. Take 2 more simethicone (Gas-X) pills after finishing the solution.
 3 hours before appointment time	Stop drinking all fluids, including the liquid bowel prep. For example, if your appointment is at 11 a.m., finish drinking the solution by 8 a.m. If your appointment is earlier in the day, you may need to wake up very early in the morning to finish it.

When you come to the medical center

Wear comfortable clothes.

Don't use makeup, cologne, perfume, or body lotion.

Remove nail polish or artificial nails from at least one finger. We attach an oxygen monitor to the unpolished fingertip.

Leave valuables (including jewelry and wedding rings) at home.

Bring:

- Valid photo ID.
- Kaiser Permanente ID card.
- Medicare, Medi-Cal, or other health insurance cards, along with any copy.
- A list of all prescription and over-the-counter medications you take, as well as nutritional or herbal supplements.
- A case to store any contact lenses, glasses, or dentures.
- A mobile device and earbuds, if desired.

What to expect at the medical center

Check in at the desk with the person who is accompanying you. They may need to wait for you during the procedure and recovery period (usually about 2 to 3 hours).

Let the care team know if you could be pregnant. You may be asked to take a pregnancy test.

Your care team will:

- Ask you to sign a consent form.
- Check your blood pressure, temperature, pulse, and breathing.
- Insert an intravenous (IV) line into your arm or hand. The IV will be used to administer fluids and medications.
- Ask you the same questions several times, including your name and the kind of procedure you're having. This is a common safety measure to keep you safe.
- Give you medications to help you relax and feel comfortable. You won't be completely asleep, but you may not remember much about the procedure.



 Review your medication instructions at kpdoc.org/colonprepmeds.



View these instructions online at kpdoc.org/colonoscopy.



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. If you have questions or need more information about your medication, please speak to your doctor or pharmacist. Kaiser Permanente does not endorse the medications or products mentioned. Any trade names listed are for easy identification only. Some photos may include models and not actual patients.

© 2015, The Permanente Medical Group, Inc. All rights reserved. Health Engagement Consulting Services.
010731-299 (Revised 01/25) RL 6.0