

Golytely / Gavilyte-G Instructions

IMPORTANT:

- STOP Phenteramine and other weight reduction medications (including injections such as Wegovy, Ozempic, and Mounjaro) 1 week before your procedure.
- STOP iron tablets 1 week before your procedure.
- You must notify the office of all prescriptions you are taking. Patients with diabetes or heart disease may need specific instructions.
- It is critical that you notify our office as soon as possible if you take any blood thinners such as **Aspirin, Plavix, Coumadin (Warfarin), Effient, Pradaxa, Eliquis, or Brilinta.**

Failure to follow these directions may result in your procedure being rescheduled.

REMEMBER:

- DO NOT EAT: Raw fruits, nuts, vegetables, or fiber supplements 3 days before your procedure.
- DO NOT: Chew gum or have hard candy the day of your procedure.
- DO NOT smoke (vaping, tobacco, marijuana, or illicit drugs) on the day of your procedure.

DAY BEFORE THE COLONOSCOPY:

- You are to have only **CLEAR LIQUIDS** avoiding **RED OR PURPLE LIQUIDS**. Clear liquids include juices without pulp, water, broth, black coffee, black tea, and Gatorade.
- You may have Jell-O, soda (7-Up, Sprite, Starry, Ginger Ale), and popsicles so long as they are not colored red or purple.
- DO NOT consume solid foods, milk, or milk products.

GAVILYTE INSTRUCTIONS

1. This product can be used with or without one of the flavor packs that comes with the bottle.
 - a. If adding flavor, tear open flavor pack and pour contents into the bottle **BEFORE** reconstitution. Discard unused flavor packs.
2. Add lukewarm drinking water to top line on bottle. Cap the bottle and shake to dissolve the powder. The mixed solution will be clear and colorless. Do not add anything else, such as additional flavorings, to the solution.
 - a. When reconstituted, keep the solution refrigerated.
 - b. The reconstituted solution should be used within 48 hours. Discard unused portion.
3. The first bowel movement usually occurs approximately 1 hour after you start drinking the prep.
4. **Starting at 6:00 PM** drink 1 (8 oz) glass every 10 minutes until the solution is gone. Rapidly drinking each portion is better than drinking small amounts continuously.

DAY OF THE PROCEDURE:

- **You may not eat or drink anything.**
- If you are on blood pressure medications, seizure, anxiety, or chronic pain medications, take as directed with a small sip of water.
- Do **NOT** take diabetes pills.
- If you are on insulin, decrease your dose by 1/2 .
- If you experience vomiting, please contact the office or the on-call physician.
- If you use inhalers, bring them with you to the EndoCentre.

****Reminder**** You **MUST** have someone drive you home given you will receive intravenous medication that makes you drowsy.

Please call us immediately if you have any questions or concerns.

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