Colonoscopy – Gavilyte Prep Solution Procedure Instructions

IMPORTANT: please read this page carefully at least one week before your scheduled appointment. Otherwise your procedure may be canceled.

If you have any questions for the GI Nurse you may call (650) 299-2256 or (650) 299-2718. If you need to cancel this appointment please call (650) 299-2537 at least one week prior to your appointment so we may offer this appointment time to another member.

a) PLAVIX (clopidogrel). If you take Plavix, please contact your cardiologist to ask if you should hold this medication for ONE WEEK before your procedure.

b) ONE WEEK prior to your procedure please pick up your medication at your preferred Kaiser Permanente pharmacy.

c) ONE WEEK prior to your procedure, if you need something for pain you may take Tylenol or morphine products only (stop taking Aspirin, Advil, Aleve, Ibuprofen, Motrin, Aggrenox, Diclofenac, Etodolac, Excedrin, Indocin, Medipren, Meloxicam, Naprosyn, Nupren, Relafen (Nabumetone) and Alka-Seltzer.

d) DIABETIC patients
   Remember to check your sugars the morning of your procedure!
   If you are having an upper endoscopy: The day of your procedure, do not take any of your diabetes medications

   If you are having a colonoscopy:
   - Hold all ORAL diabetes medications the day before and the day of the procedure
   - If you take insulin, take ONE HALF of your NPH (or long acting insulin) the morning of the day before the procedure. Check your sugars and take the Regular (or short acting) insulin per sliding scale the day before procedure. Do not take any insulin on the day of the procedure!

e) Continue all medications unless instructed otherwise.

f) Please register 15 minutes early in the Cypress Building, 1st Floor, then proceed to Station D on the 2nd Floor. Also consider parking time. Please bring your Kaiser Permanente card.

Procedure Instructions

Three days prior to your colonoscopy

Follow the enclosed fiber restricted diet. (no fruits, vegetables, grains, nuts, seeds, cereal or oatmeal). Discontinue any fiber supplement such as Metamucil, Citrucel, psyllium, bran and any iron supplement.

NOTE: The instructions you will follow below will depend on the TIME of your colonoscopy appointment.
IF YOUR APPOINTMENT FOR COLONOSCOPY IS IN THE MORNING (BEFORE 12 pm):

One day prior to colonoscopy
Start on a clear liquid diet ALL DAY (NO SOLID FOODS). NOTE: clear liquids (water, chicken broth, apple juice, white grape juice, white cranberry juice, light colored tea, 7-up, sprite, clear gatorade or yellow jello).

9 am: Take 4 Dulcolax (Bisacodyl) tablets

12 noon: Now is a good time to mix your Gavilyte and refrigerate. Mix contents of the Gavilyte (PEG electrolyte solution from Kaiser Permanente) container with drinking water to the top line on container. Lemonade flavored (powder mix) may be added to improve taste.

2 pm - 4 pm: You will drink the solution in two sessions (1/2 gallon in afternoon and 1/2 gallon in evening). Drink HALF of the Gavilyte solution from 2-4pm, about one glass (8 oz) every 10-15 minutes. Bloating and symptoms of nausea are common—you can stop and slow down the preparation if they are severe.

8 pm - 10 pm: Drink the other half of the Gavilyte. Then drink at least 2-4 glasses of clear fluids in addition to this (and up to 2 hours before your appointment)

ALTERNATIVE: Instead of splitting the preparation as above, you can take the Dulcolax as above and then drink the whole gallon over a 4 hour period, from 4-8 pm, 8 ounces every 10-15 min until done. However, be aware this is a large volume to take.

IF YOUR APPOINTMENT FOR COLONOSCOPY IS FOR 12PM OR LATER

One day prior to colonoscopy
Start on a clear liquid diet ALL DAY ( NO SOLID FOODS). NOTE: clear liquid (water, chicken broth, apple juice, white grape juice, white cranberry juice, light colored tea, 7-up, sprite, clear gatorade or yellow jello)

2 pm: Take 4 Dulcolax (Bisacodyl) tablets. Now is a good time to mix your Gavilyte and refrigerate. Mix contents of the Gavilyte (PEG electrolyte solution from Kaiser Permanente) container with drinking water to the top line on container. Lemonade flavored (powder mix) may be added to improve taste.

7 pm - 9 pm: You will drink the solution in two sessions (1/2 gallon in evening and 1/2 gallon the
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following morning). Drink HALF of the Gavilyte solution from 7 pm - 9 pm, about one glass (8 oz) every 10-15 minutes. Refrigerate the other half of the solution for tomorrow. Bloating and symptoms of nausea are common—you can stop and slow down the preparation if they are severe.

On day of the colonoscopy
6 am - 8 am: Drink the other half of the Gavilyte solution, you must finish by 8am. Then drink at least 2-4 glasses of clear fluids in addition to this. Stop drinking all liquids at least two (2) hours before your appointment time.

Day of the procedure
Stop drinking two (2) hours before your appointment time.
If you have a morning appointment, try to drink at least two 8oz. Glasses of clear liquid.
If you have an afternoon appointment, try to drink at least 4-6 8oz. glasses of clear liquid.
Wear loose clothing, do not wear any jewelry and please leave valuables at home.

You cannot drive yourself home!
You will be sedated for this procedure and remain drowsy for the remainder of the day. A responsible adult must drive you home. A taxi is ONLY allowed if you have another responsible person with you other than the driver. For your own safety, unless a relative or friend is present to drive you home, your procedure will be cancelled and rescheduled.

If you have further questions regarding this procedure, please call (650) 299-2256.