



Etowah Gastroenterology Associates, PC
1026 Goodyear Avenue, Suite 201, Gadsden, AL 35903
Phone: (256) 467-4477, Fax: (256) 467-4830

Colonoscopy Preparation

NAME: _____ DATE OF PROCEDURE: _____

HOSPITAL: _____ TIME: **THE FACILITY WILL CALL THE DAY PRIOR WITH TIME.** ***IF YOU HAVE NOT HEARD FROM THE FACILITY BY 1:00 PM THE DAY PRIOR TO YOUR PROCEDURE PLEASE GIVE THE FACILITY A CALL AS THEY DO NOT GIVE OFFICE THE PROCEDURE TIMES

PLEASE NOTIFY THE OFFICE 48 HOURS PRIOR IF YOU NEED CHANGE THIS DATE

If you are taking medication: Take **ALL** blood pressure and heart medication prior to your procedure. **Please DO NOT take any Aspirin, Bufferin, Advil, Ibuprofen, Aleve, Naprosyn, Indocin, Lodine, Coumadin, or any other arthritic medication/ blood thinners for (5) days prior to your procedure;** Fish oil you will need to stop 7 days prior to procedure; If you take Mounjaro or Ozempic you will need to stop it 2 weeks prior. If you take insulin, take ½ of our regular dose the day before the procedure. **DO NOT take insulin the day of test.**

*****PLEASE DO NOT FOLLOW PREP INSTRUCTIONS THAT ARE INCLUDED IN THE BOX WITH THE PREP; ONLY FOLLOW INSTRUCTIONS GIVEN BY OUR OFFICE*****

One day before procedure you must be on a clear liquid diet ALL DAY:

Begin liquids in the morning to aid in hydration and improve the quality of bowel prep

Clear Liquid diet

- **Soups:** Clear bouillon or broth
- **Beverages:** Tea, coffee (no cream/milk), Kool-Aid, carbonated beverages, apple juice, White grape juice, strained lemonade/ limeade. **NO RED, PINK, ORANGE or PURPLE** colored liquids
- **Desserts:** Water Ices, Italian ice, popsicles, or jello

At 5 pm in the afternoon begin the bowel prep kit. **NOTHING TO EAT OR DRINK AFTER MIDNIGHT EXCEPT BOWEL PREP KIT**

NO DRIVING! You must have a driver the day of procedure. (Your driver must stay for entire procedure)

GADSDEN REGIONAL OUTPATIENT
1007 GOODYEAR AVE
GADSDEN AL 35903
256-494-4462

GADSDEN ENDOSCOPY (RIVERVIEW)
600 S 3RD ST
GADSDEN, AL 35903
256-543-5355

GAVILYTE/GOLYTELY INSTRUCTIONS-

Step 1 — Early in the Day

Prepare solution according to package directions.

Mix to dissolve.

Most people agree that bowel preps taste better if chilled. We suggest putting the mixed GaviLyte solution in the refrigerator.

The reconstituted solution should be used within 24 hours.

Step 2 - Beginning at 5:00 PM

Start drinking the first 12 glasses of the prep. A good pace is an 8 oz. glass every 15-20 minutes

You may drink only water after you have started the prep

You may rinse your mouth with water or mouthwash after drinking.

You can suck on hard candy or lollipops (no red or purple).

Beginning at 10:00 PM or 6 - 8 hours before your appointment

Finish the remainder of the prep, drinking an 8 oz glass every 15-20 minutes. The split dosage is important because it results in optimal clearing of the colon.