

# **COLONOSCOPY WITH GAVILYTE-C**

## **BOWEL PREP**

AT WATSONVILLE COMMUNITY HOSPITAL  
75 NIELSON ST WATSONVILLE, CA 95076  
DR. KHADEMI, D.O. (831)662-9999

### **PLEASE ARRIVE AT TIME GIVEN DURING SCHEDULING**

It is very important that you read these instructions well in advance and follow them completely to ensure a successful exam. It is critical for you to thoroughly clean out your colon, which for most patients is harder than the test itself. Stool remaining in the colon can hide polyps or other abnormalities, and it **may cause you to reschedule the procedure and repeat your copay** if your colon is not well prepared.

- Pick up your prescribed GaviLyte-C (generic for Colyte) powder kit from the pharmacy within 7 days after scheduling your procedure.

Due to regulatory requirements and your safety, you must arrange for someone to drive you home after the procedure. Your procedure may take 2 to 3 hours. **If you do not have a driver, your appointment will be rescheduled.**

- Report to the Registration area in the Main Lobby to register for you procedure.

**7 DAYS BEFORE:** Do not take Iron, Aspirin, Advil, Motrin, Aleve, Fish Oils, Ibuprofen, Indocin or other Anti-Inflammatory medications, or blood thinners. Tylenol is Ok to use if you have pain.

### **ONE DAY BEFORE YOUR PROCEDURE**

#### **DIET INSTRUCTIONS:**

#### **Please Remember NO SOLID FOODS AT ALL**

- Drink clear liquids ALL DAY: water (plain or flavored), light/clear tea, broth, Ensure clear, Gatorade, apple or white grape juice, sprite, 7-Up, Ginger-Ale, Jell-O (yellow or green only), popsicles (non-pulp). NO red/ purple/ or orange.
- NO alcohol.
- AVOID: milk, shakes, smoothies, juices that are red or purple, orange juice. No red colored fluids (these may mimic blood).

### **BOWEL PREPARATION**

1. Add water to the fill line on your GaviLyte-C container. Do not mix more than 48 hours before your appointment.
2. Replace cap tightly and SHAKE well until powder is dissolved. You may drink it at room temperature or keep it cold in the refrigerator before drinking. It may help to drink it through a straw. You may add the flavor packet that comes with your container or add 1 to 2 packets (2 quart) of Crystal Light yellow lemonade only.

- 3. Between 4 to 6 p.m.**, drink 1/2 the bottle (approximately 2 liters). Drink 8 ounces (or a large glass) every 15-20 minutes (over a 2 to 3 hour period) until half of the bottle is gone. You will drink the remaining half on the day of your procedure.
- 4.** Continue to drink clear liquids after finishing your evening prep until you go to bed. Due to the large amount of fluid in your stomach, you may feel bloated or nauseated.

### **IMPORTANT INSTRUCTIONS:**

- Confirm that you have a driver who will drive you home after the procedure.
- Take your regular medication the day before your procedure unless otherwise directed by your doctor.
- Please notify your doctor if you are diabetic.

### **DAY OF THE PROCEDURE**

#### **DIET INSTRUCTIONS**

- DO NOT drink or eat anything after finishing the remainder of your GaviLyte-C solution at least 3 hours before your appointment.
- You can drink clear liquids up to 3 hours before your appointment.
- No gum, candy, or breath mints.

#### **BOWEL PREPARATION**

1. You may take your medications with sips of water. (Take them 1 hour before drinking your GaviLyte-C solution so that the medicines have time to absorb.)
2. **4 to 5 hours before your appointment**, start drinking the remainder of your GaviLyte-C solution. **You should finish drinking the solution at least 3 hours before your scheduled arrival time.**

#### **IMPORTANT INSTRUCTIONS**

- DO NOT wear contact lens.
  - DO NOT wear any jewelry or bring valuables.
  - DO NOT apply lotion to skin.
  - Wear comfortable, loose fitting clothes.
  - Wear flat shoes or sneakers.
- ❖ **PLEASE NOTE:** There are 3 separate charges; Physician, facility, and laboratory (If applicable due to your insurance coverage).
- ❖ For any questions regarding your appointment please call our office (831) 662-9999.