



Instructions for taking your colonoscopy prep (For GaviLyte, GoLYTELY or MoviPrep)

The Exam Cannot be performed if your colon is not clean. YOU MUST COMPLETE ALL OF THE PREP

AS SOON AS POSSIBLE:

- **Purchase one of the following: GaviLyte, GoLYTELY or MoviPrep**
- **BLOOD THINNERS AND PATIENTS WITH A HEART VALVE REPLACEMENT:**
Call the Physician who prescribed your blood thinner (your primary care doctor or cardiologist) and ASK if you can STOP taking your blood thinning medication(s) (e.g. Coumadin, Plavix, Xarelto, Elequis, Pradaxa, Prasugrel, Brilinta, Cilostazol, Aggrenox.). Many procedures cannot be performed if you are on a blood thinning medication, but you MUST obtain approval from the prescribing physician PRIOR to discontinuing any blood thinners. Your doctor may put you on an alternate medication while you stop your blood thinning medication(s).
- You may take **DRAMAMINE** if nausea develops while taking prep. This is an over the counter medication and should be taken as directed.

THREE (3) DAYS BEFORE PROCEDURE:

Discontinue all blood thinning drugs (prescription and non-prescription), including Coumadin, Plavix, Xarelto, Elequis, Pradaxa, Prasugrel, Brilinta, Cilostazol, Aggrenox, **REMEMBER! The physician that prescribed your blood thinner medication MUST approve this action BEFORE you discontinue these medications when you are taking them for blood thinning.** Tylenol may be taken.

TWO (2) DAYS BEFORE YOUR PROCEDURE

If you have problems with constipation take an over the counter laxative, such as Milk of Magnesium, Dulcolax tablets, or MiraLAX.

BEGIN A LOW RESIDUE DIET WHICH INCLUDE THE FOODS BELOW:

- White breads, dry cereals, white rice, refined pasta
- Limited servings of canned or well cooked vegetables without skins, seeds, or pulp
- Tender, ground, and well cooked meat, fish, eggs and poultry, creamy peanut butter
- Milk, yogurt, mild cheese and cottage cheese (max of two (2) cups per day total)
- Butter, mayonnaise, vegetable oils, margarine, plain gravies and dressings
- Broth and strained soups
- Carbonated beverages, tea, clear juices or juices that are pulp free or have been strained, black coffee

DO NOT EAT:

- Whole grain breads and pastas, corn bread or corn muffins, any other foods made with whole grains
- Strong cheese, yogurt containing fruit skins or seeds, raw vegetables (except romaine lettuce)
- Tough meat, meat with gristle, highly spiced food and dressings, pepper and hot sauces
- Millet, buckwheat, flax, oatmeal, popcorn, nuts, seeds and crunchy peanut butter, beans (all types), corn, broccoli, parsnips, olives, dried fruits, berries, figs, prunes, fruits and juices containing pulp or seeds, prune juice, chocolate, coconut

ONE DAY BEFORE YOUR PROCEDURE:

DRINK CLEAR LIQUIDS ONLY AND START THE BOWEL PREP

- Examples of clear fluids would include: Water, clear soups, herbal tea, black coffee or tea, Jell-O, or fruit juice without pulp.
- **Do Not Drink** milk or use any dairy or non-dairy creamer in your coffee or tea
- **Do Not Eat or Drink** anything colored red, purple, orange, dark blue or contains pulp material
- **Do Not Drink** alcoholic beverages

BOWEL PREP INSTRUCTIONS: Please drink 3 additional 16 fl. Oz. cups of water with each dose of bowel prep . This is in addition to what is listed below. (Split dosing has been shown to improve colon cleansing)

GaviLyte Instructions: At 5:00 PM, the night before your procedure, mix **GaviLyte**/Colyte with 1 gallon (128 ounces) of water until it's dissolved. You'll drink half a gallon now, and the rest in the morning. Drink about 8 ounces every 15 to 30 minutes over 2 hours. Keep the other half in the refrigerator to drink later.

GoLYTELY Instructions: Starting at 5:00 PM – drink one 8oz glass of the prep every 15-30 minutes until you have finished half of the preparation. Make sure you shake the bottle after each glass to make sure you are getting the appropriate amount of medication with each dose. Start 2nd dose 5 hours before your scheduled procedure start time. Drink the remaining half of the preparation. Complete the full prep even if your stools are watery or clear.

MoviPrep Instructions: The morning before your procedure, empty 1 packet A and 1 packet B into the plastic container provided. Fill to the top line with lukewarm water, stir & refrigerate. • Begin drinking MoviPrep at 5:00 PM the night before your procedure. Drink an 8oz glass every 15 minutes until gone. 5 hours before your scheduled start time empty the second packets A & B into the container, fill with lukewarm water & stir then begin drinking 2nd container of MoviPrep. Drink an 8oz glass every 15 minutes until gone. Follow with at least 16oz of clear liquid of your choice. You may continue the clear liquid diet until 2 hours prior to your procedure, and then stop drinking.

NOTE: If you become nauseated during the prep, stop for one hour and then resume. You must finish **ALL** of the prep. Please look in the toilet to see if your results are clear or yellow in color. If not, you will need to take an additional prep until results are clear or yellow in color. If your bottom gets sore during the prep you can use baby wipes, Vaseline, or Desitin for relief. If you receive a different prep for cleansing, go to our website: www.udhi.org and find the appropriate instructions. If you have questions concerning your prep, call 801-475-5400.

DAY OF YOUR PROCEDURE:

You may have clear fluids up until 2 hours prior to your scheduled procedure.

MEDICATIONS:

- Prescription Medications-**You Can** take your regular medications the day before your exam. **On the day** of your exam, do not take your regular medications unless you have Ok'd it with your physician.
- Blood Pressure and Seizure Medications **Can Be Taken the DAY** of your exam with water, but must be taken at least 4 hours before your exam.

DIABETICS-

- Test your blood sugar before coming in for your procedure and bring the reading with you.
- **DO NOT** take oral or insulin diabetic medication **THE DAY OF** your exam.

BRING your driver's license, insurance card, **completed Patient History form** and a list of any prescription and over-the-counter medications you are taking with you to your exam. **YOU WILL BE SEDATED** during your procedure and will not be allowed to drive for 12 hours after so **SOMEONE MUST** be available to drive you home. **If you plan to ride the bus, use "The Ride" or take a taxi, YOU MUST** still have a responsible person over the age of 16 accompany you home.