

Two Day GaviLyte/Golytely Prep



Please continue blood pressure, cardiac, anticonvulsant, thyroid, and psych medications according to your normal schedule.

If you take **iron pills, blood thinners, diabetic, or weight loss medications**, dosage adjustments are provided for you upon scheduling. Failing to stop these medications as directed before your procedure may result in anesthesia complications and possibly cancellation.

If you are unsure on how to take your meds or have questions, please contact Huron Gastro at 734-434-6262 ASAP.

As soon as possible:



- * **Pick up your prescription (GaviLyte/Golytely) from your pharmacy.**
 - This prep may come under a different name depending on the manufacturer.
 - Some variations include: NuLyte or PEG 3350
 - This is shelf stable, it is OK to pick up well in advance.

- * **Buy Dulcolax laxative 5mg tablets (not stool softener) from your pharmacy.**
 - You will need 6 Dulcolax laxative tablets.
 - Generic is ok.
 - No prescription is needed.



- * **Buy Simethicone 80mg tablets (gas relief agent)**
 - You will need 4 Simethicone tablets.
 - No prescription is needed.



5 Days Prior to Procedure:

*** Begin Low Residue Diet - See Guide attached.**

It is very important that you follow the diet recommended by Huron Gastro so your procedure can be performed successfully.

2 Days Before Your Procedure:

****Clear liquid diet all day. NO SOLID FOODS****

- * Drink lots of clear liquids to keep yourself hydrated!
- * A clear liquid diet includes:
 - water

****No Red Dye****
****No Milk Products****
****No Solid Food****

- coffee (only if you must; limit intake to 8 oz and must be black, no cream or non-dairy creamer, sugar is OK)
- tea
- soda/pop (no red dye)
- broth ONLY- chicken, vegetable or beef (*no solids of any kind*)
- white grape juice
- popsicles (no added fruit and no red dye)
- Jell-O (no added fruit and no red dye)

*** Add warm tap or room temperature bottled water to the powder in the prescription jug and refrigerate it.**

- If a flavor packet is provided, it may be used if desired.
- You may use Crystal Light (without red dye) as another flavoring option.

*** 4pm: Swallow 2 Dulcolax tablets**

1 Day Before Your Procedure:

- * **Continue to follow a clear liquid diet. No solid foods.**
- * **1pm: Swallow 2 Dulcolax tablets**
- * If you prefer your beverages at room temperature, remove the jug from the refrigerator ½ hr. before you start drinking.
- * **Between 3pm and 5pm:** Start drinking 8oz. of GaviLyte/Golytely every 10 to 30 minutes.
 - **Save** 16 ounces (about 2 glasses) for the morning of your procedure.
 - You may feel fullness and cramps after starting the laxatives.
 - If you start to feel nauseated, you can drink the mix more slowly.
 - Walking around, chewing gum, and using a straw to drink may help as well.
 - Diarrhea may begin within 2hrs after drinking the mixture.
 - Eventually, the diarrhea should be thin-colored liquid with no pieces.
- * **8pm: Swallow the last 2 Dulcolax tablets** (even if you have not completed the GaviLyte/Golytely).
- * **9pm (or one hour after taking Dulcolax): Swallow 4 (80mg tablets) of Simethicone**

Day of Your Procedure:

**** DO NOT EAT ANY SOLID FOOD!****

- **5-6 hours before your procedure:** Drink the final 16 ounces (about 2 glasses) of the mixture.
 - If you have an early morning procedure, this may be very early!
- **You must be done drinking 4 hours prior TO PROCEDURE START TIME.**
- **Keep an empty stomach!**
- **Do not chew gum!**
- **Do not use chewing tobacco!**

Three days prior to your procedure, please follow a low residue diet. This limits high-fiber foods to reduce the amount of undigested material in the colon and improve visualization of the colon.

Common Low Residue Foods — Examples

					
White Bread & Rolls	Eggs (any style)	Lean Poultry	White Rice	White Pasta	Peeled Potatoes

✓ Foods You May Eat

Grains & Breads

- ✓ White bread, rolls, bagels, pita
- ✓ White rice, cream of wheat, grits
- ✓ Plain white pasta or noodles
- ✓ Low-fiber crackers (saltines)
- ✓ Plain pancakes or waffles (white flour)

Proteins

- ✓ Eggs (scrambled, boiled, poached)
- ✓ Tender chicken, turkey, or lean pork
- ✓ Fish and shellfish (baked, broiled, poached)
- ✓ Smooth nut butters (peanut, almond)
- ✓ Tofu (soft or silken)

Dairy

- ✓ Milk, cheese (cream and cottage), and butter
- ✓ Yogurt — plain, no fruit pieces
- ✓ Ice cream or sherbet — no nuts or seeds

Fruits & Vegetables

- ✓ Canned or well-cooked vegetables (no seeds/skin)
- ✓ Canned peaches, pears, or fruit cocktail
- ✓ Ripe banana, melon (seedless)
- ✓ 100% strained fruit juice (no pulp)

Beverages & Other

- ✓ Water, clear broths, and bouillon
- ✓ Coffee and tea
- ✓ Honey, jelly (seedless), custard, margarine, oil

✗ Foods to Avoid

Grains & Breads

- ✗ Whole wheat or whole grain bread
- ✗ Brown or wild rice
- ✗ Oatmeal, bran cereals, granola
- ✗ Popcorn, corn tortillas

Proteins

- ✗ Tough, fatty, or fried meats
- ✗ Beans, lentils, chickpeas, split peas
- ✗ Chunky peanut butter or whole nuts
- ✗ Dried peas and legumes of all kinds

Dairy

- ✗ Yogurt with seeds, granola, or fruit chunks
- ✗ High-fat dairy in large amounts

Fruits & Vegetables

- ✗ All raw vegetables
- ✗ Broccoli, cauliflower, cabbage, Brussels sprouts
- ✗ Corn, peas, beans, and onions
- ✗ Berries, dried fruit, raisins, prunes
- ✗ Oranges, grapefruit, and citrus with membranes
- ✗ Fruit juices with pulp

Other

- ✗ Seeds of any kind (chia, flax, sunflower, sesame)
- ✗ Coconut (shredded or fresh)
- ✗ Jam or marmalade with seeds
- ✗ Alcohol

⚠ Important Reminders

- **On the day before your procedure, consume only clear liquids, follow your bowel prep instructions.**
- Do not consume any solid food on the day of your procedure.
- You must be done drinking 4 hours prior to your PROCEDURE START TIME.
- Certain medications will need to be adjusted or held, please call our office if you forget the instructions provided.
- Contact our office at 734-434-6262 or via our patient portal if you have any questions or concerns.