

COLONOSCOPY PREPARATION INSTRUCTIONS

GALLON / 4-LITER PREP SOLUTION

Examples: Gavilyte®, Golytely®, Nulytely®, or similar

Date of Colonoscopy: _____

IMPORTANT INFORMATION

- You **must have a responsible adult** drive you home after your procedure.
- Plan to be at the center for **2–3 hours total**.
- **Stop blood thinners only as directed by the physician who prescribes them.** The number of days these medications need to be held before your procedure depends on the specific medication and your medical history.
- **Stop GLP-1 medications** (such as Trulicity, Mounjaro, Ozempic, Wegovy, semaglutide, tirzepatide, etc.) **2 weeks before your procedure.**
- Continue taking your **heart and/or blood pressure medications** unless otherwise instructed.
- Pick up your **preparation medication from the pharmacy** before your procedure.

THE DAY BEFORE YOUR PROCEDURE

Follow a clear liquid diet only. Do not eat any solid food or dairy products from the time you wake up.

Clear liquids include water, tea, apple juice, white grape juice, clear broth, Gatorade or other electrolyte drinks, Sprite/ginger ale/clear soda, Jell-O® (**no red or purple**), and Italian ice or popsicles (**no red or purple**).

PREP TIMELINE

Time	What to do
From the time you wake up	Drink clear liquids only. Do not eat any solid food or dairy products. Continue clear liquids up until 5:00 PM .
Before 5:00 PM	Add water to the top line of the prep container, shake well until fully mixed, and refrigerate.
5:00 PM	Begin drinking your bowel preparation.
5:00 PM – 9:00 PM	Drink the entire prep solution as instructed.
After finishing prep	Do not eat or drink anything at all by mouth until after your procedure, including water, gum, mints, or candy.

IMPORTANT: If you do not follow these instructions, your procedure may be canceled for your safety.