

## Gavilyte (Gallon Jug) Bowel Preparation

### The day before your colonoscopy:

10:00 am (mid morning): Fill gallon jug to the fill line with **warm** water (see note below). Shake well until the powder is completely dissolved and then place full jug in refrigerator. Shake every few hours to ensure the solution remains mixed well. If you do not tolerate cold liquids, it is OK to take your prep out of the refrigerator about 1-2 hours before you begin to drink it to allow it to come to room temperature.

### First Dose:

At 6pm: Begin drinking the **first** half of the solution. Drink One 8oz glass every 15 minutes until the 1/2 gallon (half the container) is completely empty. Please try to finish this by **8pm**.

\*\*It is VERY important to drink as much clear liquids as possible on this day to help your prep work properly.

### Second Dose:

At \_\_\_\_\_ (time given when we call): Begin drinking the **second** half of the solution. Drink One 8oz glass every 15 minutes until the 1/2 gallon (remainder of the container) is completely empty. You **MUST** finish this step no later than **TWO HOURS** prior to your procedure.

\*\*You may not have ANYTHING by mouth after finishing this step two hours prior to your procedure EXCEPT a small sip of water ONLY if you are instructed to take medication.

Failure to follow these instructions may result in the  
cancellation or delaying of your procedure!

### NOTE:

If preferred, you may substitute water and flavor packet with Gatorade or Powerade instead.  
**USE ORANGE, YELLOW, WHITE, OR CLEAR FLAVORS ONLY!!**  
**DO NOT USE Red, Blue, Purple, or Green flavors.**

\*\*If you become nauseated, slow down drinking the prep. If nausea persists or you begin to vomit, pause the prep for 1 hour and attempt to resume. If you cannot resume your prep without the threat of further vomiting, **YOU MUST CALL** the office at **717-633-9086**. If it is before or after normal business hours, you will be prompted with further instructions in order to contact Dr. Thomas. **DO NOT neglect to call if vomiting occurs!!**