

Gastroenterologist of Ocean County
9B PREP INSTRUCTIONS

8 days before procedure	4 days before procedure	1 day before procedure	Day of Procedure	What to Expect with your Prep
Date	Date	Date	Date	
<p><input type="checkbox"/> Stop any weekly injectable weight loss medications (ex- Ozempic, Wegovy, Zepbound)</p> <p>Buy preparation ingredients: <input type="checkbox"/> Bisacodyl (Dulcolax Tablets-laxative, NOT stool softener)</p> <p>The Golytely OR Gavilyte will be sent to your pharmacy by the doctor</p> <p>Arrange for a friend, family member or medical transport to drive you home after the colonoscopy.</p>	<p>Do not eat fruits, vegetables, leafy greens (including salads), anything with seeds (including nuts), red meta, fatty, fried or greasy foods.</p> <p>You CAN eat: white rice, white bread, white pasta (no wheat pasta), white crackers, pain chicken noodle soup (with just chicken, noodles and water), seafood (if not allergic): fish, shrimp, scallops, crab, lobster, tuna fish, sardines and salmon, chicken, turkey (baked, boiled or stewed).</p>	<p>No Marijuana No Alcohol</p> <p>FOLLOW A CLEAR LIQUID DIET ALL DAY Do not eat solid foods the whole day</p> <p>Prepare the Golytely or Gavilyte with room temperature water as instructed first thing in the morning</p> <p><input type="checkbox"/> Add water to the bottle up to the fill line <input type="checkbox"/> Shake well and place in the refrigerator (optional)</p> <p>5 to 8pm <input type="checkbox"/> Drink the Golytely/Gavilyte solution at the rate of one 8 oz glass every 10-15 minutes and continue drinking it for three (3) hours until two third (2/3) or three quarters (3/4) of the gallon is completed. Be sure to shake to gallon each time before use.</p> <p>If you are feeling nauseous and/or if you feel like you will vomit, take a 30-minute break and drink the solution at a slower rate.</p> <p>8pm <input type="checkbox"/> Take 4 Dulcolax tablets with water (all 4 tablets together or 1 at a time, back-to-back).</p> <p>DO NOT drink anything after midnight. DO NOT eat anything until after your procedure.</p>	<p>No tobacco or marijuana</p> <p>DO NOT EAT OR DRINK anything (besides prep solution).</p> <p>4am <input type="checkbox"/> finish drinking your Golytely/Gavilyte solution, drink between 4am to 5am.</p> <p>Arrival time _____</p> <p>After your procedure</p> <p>You should not drive a car, operate machinery, or make any legal decisions until the day after your procedure.</p> <p>You must have an adult accompany you home the day of your procedure. The staff must be able to contact whoever will accompany you.</p>	<p>You will develop significant diarrhea after drinking the preparation. Plan to be near a bathroom. This is normal as it means the medication is working to clear stool from your colon.</p> <p>Most people feel mild bloating and mild abdominal cramps. This is normal. Drinking the prep medication more slowly and over a longer period of time can help alleviate these symptoms.</p> <p>A successful colon prep will cause you to have clear yellow (“tea colored”) liquid stools.</p> <p>Please finish your preparation regardless of your stool color.</p>

FAILURE TO FOLLOW THESE INSTRUCTIONS MAY RESULT IN CANCELLATION OF YOUR PROCEDURE