AVOID aspirin/aspirin products, Advil/Motrin/Aleve/Ibuprofen, Vitamin E (multi-vitamins w/E), fish oil, flaxseed oil or foods with SEEDS for 5-7 days prior to procedure. (Tylenol and acetaminophen products are okay.)

**YOU must consult your prescribing physician about stopping: Coumadin, Plavix, Pradaxa, Eliquis, or Xarelto, prior to a procedure if you take these medications or a generic equivalent.

**YOU must consult your prescribing physician about diabetic medication and insulin dosages prior to a procedure if you are a diabetic.

YOU MUST HAVE SOMEONE TO DRIVE YOU HOME THE DAY OF PROCEDURE. NO DRIVING FOR THE REST OF THE DAY! YOU SHOULD HAVE ADULT SUPERVISION FOR 12-24 HOURS AFTER THE PROCEDURE.

[ ] GaviLyte-H BOWEL PREP (generic of HalfLytely) (PEG-3350)
The **day before** the procedure:

For breakfast, lunch and dinner (until midnight), **CLEAR LIQUIDS ONLY**. This includes: Broth, tea, coffee(without milk), Gatorade, Crystal Lite, ice pops, soda, apple juice, white grape juice, tap or bottled water, yellow or green Jell-O. It is also important to drink broth for salt intake and juice or soda for the sugar intake. Avoid items with artificial red dye.

**STEP 1. MIX THE SOLUTION (mix the entire container)**
In the morning, add one flavor pack of choice, fill with lukewarm drinking water to top of the line on bottle. Cap the bottle and shake to dissolve the powder, refrigerate. The solution will be clear and colorless. Use within 48 hours.

**STEP 2. TAKE ONE BISACODYL TABLET AT NOON**
Take one Bisacodyl tablet with water at NOON. Do NOT crush or chew. Do not take within 1 hour of taking an antacid. A bowel movement should occur within 1 - 4 hours after taking tablets.

**STEP 3. WAIT FOR A BOWEL MOVEMENT**
After the bowel movement, start drinking the solution. If no movement occurs within 4 hours after taking tablet, begin drinking the solution.

**STEP 4. DRINK THE SOLUTION (8 – 8OZ GLASSES)**
Drink 1 (8oz) glass of the solution every 10-15 minutes. Drink each glass quickly rather than drinking small amounts continuously. A watery bowel movement should begin in approximately 1 hour. Be sure to drink all of the solution. You will continue to have loose bowel movements for 1-2 hours after finishing.

**Hints:** if you have trouble with the taste or keeping the solution down:
- Drink the solution slowly but continuously, don't chug. **Use a straw.**
- Flavor the solution with an additional sugar-free, no red dye, drink mix.
- Dilute the solution with extra water/liquids (sugar-free/clear/no red-dye liquids). Finish all of the solution PLUS the additional added liquid.

**STEP 5. NOTHING TO EAT OR DRINK AFTER MIDNIGHT, NOTHING UNTIL AFTER PROCEDURE.**

10/20/17 GaviLyteH dh