



**Intermountain[®]
Avenues Specialty Clinic**

324 E 10th Ave Suite 200
Salt Lake City, UT 84103
801.408.8399
801.408.5152 (fax)

Gastroenterology

Darcie Gorman, MD
Melvin Kuwahara, MD
Joseph T. Merrill, MD
Dan A. Collins, MD

COLONOSCOPY BOWEL PREP INSTRUCTIONS (GALLON PREP)

Thank you for choosing us to perform your procedure. Please carefully read the following instructions to prepare for your colonoscopy. If you have questions, please contact our office at (801) 408-7500, option 3 and ask to speak to our nurse, or your doctor's medical assistant. If you need to cancel or reschedule we require a 48hrs notice.

At least 2 days prior to your procedure:

- Pick up bowel prep from your pharmacy.
- Mix your Nulytely, Colytely or Golytely powder in one gallon of distilled water.
- Place mixture in the refrigerator as it is much easier to drink if it is chilled.

One day before your exam:

- You may have a normal breakfast.
- For lunch you may have CLEAR LIQUIDS ONLY, we recommend chicken or beef broth.
- You must drink clear liquids throughout the day (at least 1-2 quarts). This can include water, apple juice, Gatorade (NOT red, purple or blue in color), clear carbonated drinks, or tea. If caffeine is a must for you, you are allowed ONE glass of either coffee (no cream) or a caffeinated soda product. You are allowed Jell-O (NOT red, purple or blue in color), popsicles (NOT red, purple or blue), broth, or clear juices (not cranberry).
- DO NOT drink any liquids containing pulp, milk or cream.
- Start HALF of your prep (1/2 gallon) at **5pm** the night before the procedure. You may have small sips of Sprite or Ginger Ale along with the prep to help settle your stomach. Drink the prep in 15 min sessions, completing the prep by 6pm. If you are having trouble getting in the prep within the one hour window, you can slow down, but it is important to complete all of the prep.
- There may be some discomfort in the beginning, use the restroom as needed.
- You are only allowed clears until MIDNIGHT. It is encouraged to take in some electrolytes such as Gatorade, PowerAde or pedilyte before your midnight cut off to replace the electrolytes you will be losing in your stools.

On the DAY OF your procedure:

- If you have an appointment time between 8am and noon, wake up at **5am** and finish the remaining portion of your prep (1/2 gallon). Again try to have this finished within an hour.
- If your appointment time is between 1pm and 4pm, wake up at **8am** to finish the remaining portion of your prep.
- After your prep is complete, you are to have NOTHING to eat or drink until you have finished your colonoscopy. You may take your essential morning medications with one sip of water.