

GALLON PREP INSTRUCTIONS

Shannon Surgery Center
4482 Sunset Drive

Arrival Date/Time _____

INSTRUCTIONS – COLONOSCOPY 486-5800 front desk- call with issues

- No Corn, Nuts, Seeds from now until your procedure
- prep comes with instructions, only follow for how to mix it not how to drink it and mix with **WATER** only – can be refrigerated
- day before procedure is clear liquid diet day **ALL DAY LONG** (no food, no dairy products, no coffee creamer) – you may have water, coffee (no creamer)/tea (can be sweetened), soda, beef/chicken broth, apple juice, sprite, white grape juice, Gatorade, jell-o, popsicles **NO RED OR PURPLE COLORING** – red dye makes colon look irritated
- may take medications on liquid diet day
- drink first part of prep (1/2 gallon) on liquid diet day at 4pm – drink within 2 hours
- **NO CLEAR LIQUIDS AFTER MIDNIGHT** except for second dose of prep
- drink second part of prep (1/2 gallon) 6 hours prior to procedure starting @ _____ and must be completed by _____ **ABSOLUTELY NOTHING TO DRINK AFTER PREP**
- stay well hydrated, drink plenty of fluids **DAY BEFORE** procedure and avoid the sun as much as possible
- may brush teeth morning of procedure but do not swallow any water
- no tobacco, no gum, no candy, no mints on day of procedure
- leave valuables and jewelry at home
- bring picture ID and insurance cards
- wear comfortable, loose fitting clothing, slip on shoes just something easy for you to get in and out of – you will change into gown
- no lotions/powders on skin day of procedure, can wear deodorant
- need a driver and no driving for 24 hours after procedure and you should not be alone for 24 hours following the procedure
- take any routine morning Blood Pressure, heart, seizure, thyroid, chronic pain medications, inhalers morning of procedure with small sip of water. All other medications can be taken after procedure