



45A Discovery Way, Acton MA 01720  
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#### GALLON PREP INSTRUCTIONS

Please follow a Low Fiber Diet 5 days BEFORE procedure

**Foods to Avoid:** Whole grain products, nuts, seeds, vegetables with skins, and popcorn.

#### Liquids that you are allowed to drink:

- Water
- Strained fruit juices (without pulp) including apple, white grape, or white cranberry
- Limeade or lemonade
- Black coffee or tea
- Chicken, vegetable or beef broth
- Gelatin desserts without added fruit or toppings
- Gatorade or clear sports drinks

**NO RED, PURPLE, OR BLUE**

**On the day BEFORE your procedure:** Clear liquid diet only. NO solid food until AFTER the procedure. DO NOT drink milk, eat/drink anything colored red or purple, or drink alcoholic beverages.

*GOLYTELY/NULYTELY/ TRILYTELY/PEG-3350 is a prescription item that is called into your preferred pharmacy once that information is provided to us. If you do not have your prep 48 hrs. prior to your procedure, call Gastro Health @ 978 429 2010.*

**5 PM the evening before your procedure:** Drink Half the liquid prep in the container. You must drink 2 more 16 ounces of clear liquid within the next 1 hour.

**7PM the evening before your procedure:** Take 2 Dulcolax pills (available OTC)

**5 hours prior to your procedure time:** Drink ALL the liquid remaining in the container. You must drink 2 more 16 ounces of water within the next 1 hour. **YOU MUST FINISH WATER 4 HOURS PRIOR TO PROCEDURE, NOTHING AFTER THIS TIME.**

