



Athens Digestive Healthcare Associates

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GALLON PREP INSTRUCTIONS

Please follow these instructions, NOT the directions on prep packaging.

*You **MUST** have a driver accompany you to your procedure, **STAY ON THE PREMISES** during your procedure and escort you home safely. **NO UBER, NO LYFT, NO TAXI, NO DROP OFF. IF SO, YOU WILL NOT HAVE YOUR PROCEDURE AND WILL NEED TO RESCHEDULE.***

DAY BEFORE PROCEDURE: CLEAR LIQUID DIET ALL DAY. You may have black coffee, tea, apple juice, white grape juice, soft drinks, Gatorade, broth (chicken/beef/vegetable), Jell-O, popsicles, hard candy.

NO SOLID FOODS, NOTHING RED OR PURPLE IN COLOR, NO MILK OR MILK PRODUCTS, NO ALCOHOL.

PLEASE DRINK PLENTY OF WATER THE DAY BEFORE YOUR PROCEDURE; YOU CAN SUBSTITUTE GATORADE OR FLAVORED WATER. KEEP YOUR BODY EXTRA HYDRATED!

INSTRUCTIONS. THE DAY BEFORE YOUR PROCEDURE.

10:00 am Mix flavor packet, powder and water in container. Shake well. Place container in refrigerator so the solution can get cold. You want this as cold as possible.

4:00 pm Start drinking the solution. Drink 8 oz every 15 – 20 minutes until the solution is gone.

Please drink plenty of water before going to bed.

NOTHING TO EAT OR DRINK THE MORNING BEFORE YOUR PROCEDURE, WITH THE EXCEPTION OF SIPS OF WATER TO TAKE CERTAIN MEDICATIONS.

IF YOU HAVE AN AFTERNOON PROCEDURE SCHEDULED (12:45 - 4:00 PM), YOU MAY HAVE CLEAR LIQUIDS ONLY BEFORE 8AM.

You may take your medications with only a SIP OF WATER, enough to swallow your pill. DO NOT TAKE ANY BLOOD THINNERS, ACID REFLUX (IF YOU ARE ALSO HAVING AN EGD) OR DIABETIC MEDICATIONS! We will check your sugar levels and will give you something if your level is too low. DO NOT drink any juices or anything sweet that may elevate your sugar.

Report To _____

Date _____

Time _____