

GASTRIC BYPASS INSTRUCTIONS

Please use this page as a checklist for your preparation.

☐ **ITEMS TO PURCHASE BEFORE YOUR PROCEDURE:**

Please purchase the following items from your local pharmacy 7 DAYS prior to your appointment.

- **Miralax 14 oz. bottle-** no prescription needed.
- **2 Dulcolax (bisacodyl) tablets-** no prescription needed, over the counter.
- **Gas X (simethicone) 125 mg capsules** – no prescription needed, over the counter.
- **Meclizine 25 mg tablet (for nausea)-** no prescription needed, over the counter.
- **Magnesium citrate- 1 bottle (10 ounces)-** no prescription needed, over the counter.
- **Golytely-** A prescription is required and has been sent to your pharmacy.

☐ **ONE WEEK PRIOR TO YOUR PROCEDURE:**

- Miralax: Mix 17 grams with an 8 oz. glass of water daily until the day before your procedure.

☐ **FIVE DAYS BEFORE YOUR PROCEDURE: Begin low-fiber diet-** see attached instructions.

☐ **THREE (3) BEFORE YOUR PROCEDURE : (WHEN YOU WAKE) Begin a full liquid diet. Continue this diet tomorrow.**

You may consume the following items when on a FULL liquid diet:

- Fruit juices (including juices with pulp. No red or purple.)
- Butter, oil, cream, custard, and pudding
- Plain ice cream, frozen yogurt, and sherbet. (No red or purple.)
- Fruit ices and popsicles (No red or purple.)
- Sugar, honey, and syrups
- Soup broth (bouillon, consommé, and strained cream soups. No solids.)
- Sodas (Ginger Ale and Sprite. No red or purple.)
- Boost, Ensure, Resource, and other liquid supplements
- Tea or coffee with cream, milk, sugar, or honey

☐ **12:00 PM (three (3) days before procedure):**

- Take 1 Gas X (simethicone) 125 mg capsule with a glass of clear liquid

☐ **THE DAY BEFORE YOUR PROCEDURE: (WHEN YOU WAKE) Begin a clear liquid diet.**

You may consume the following items when on a CLEAR liquid diet:

- Coffee, water, or tea. (We agree it's odd, but coffee and tea without milk or creamer is considered a clear liquid)
- Clear carbonated beverages (soft drinks), ginger ale, sprite, 7up, sparkling water, etc. No "Energy" beverages.
- Gelatin dessert, (JELLO) plain or fruit flavored. No red or purple coloring/No solid pieces of fruit.
- Apple juice, white grape juice, or white cranberry juice. No pulp, no orange juice.
- Gatorade, Powerade, lemonade, or limeade. No red or purple.
- Clear, fat-free, beef or chicken broths, or bouillon.
- Snowballs, popsicles, slushes. No red or purple coloring, no pulp.
- Avoid any liquids not listed above.

☐ **10:00 AM (the day before procedure):**

- Drink 1 liter of the Golytely Prep. This must be completed within 1 hour.

☐ **12:00 PM (the day before procedure):**

- Drink 1 bottle (10 ounces) of Magnesium citrate
- Take 2 Dulcolax (bisacodyl) tablets with a glass of clear liquid.

☐ **1:00 PM (the day before procedure):**

- Drink 1 liter of the Golytely Prep. This must be completed within 1 hour.

☐ **2:00 PM (the day before procedure), for prevention of nausea and vomiting:**

- Take ½ of a tablet (12.5 mg) of Meclizine every 6 hours as needed for nausea and/or vomiting. **DO NOT TAKE MORE THAN 50 MG IN A 24 HOUR PERIOD.**

☐ **4:00 PM (the day before procedure):**

- Drink 1 liter of the Golytely Prep. This must be completed within 1 hour.

☐ **2:00 AM (the day of procedure):**

- Drink 1 liter of the Golytely Prep. This must be completed within 1 hour.

After you complete the prep, you may not have anything else by mouth except for your medications, with a small sip of water.

Please follow these instructions to ensure you have a very good prep. The goal is for stool to be CLEAR OR YELLOW liquid – NO BROWN. Avoid having to repeat the procedure due to a poor prep!

- IF you continue to have brown stool. Please drink 1 bottle of Magnesium Citrate.

Please call (225)755-4531 or (225)236-5503 if you have any questions about your prep instructions.