

Jeff M. Williams, MD
Board Certified Gastroenterologist



Main Office
3320 Old Jefferson Road
Building 400
Athens, GA 30607
(706) 613-1625 Phone
(706) 613-1629 Fax

GALLON PREP INSTRUCTIONS

DAY BEFORE PROCEDURE:

- 1. Clear liquid diet all day:** Examples – black coffee, tea, soft drinks, apple juice, Gatorade, broth (chicken, beef, or vegetable), Jell-O, popsicles, and hard candy.
****NO SOLID FOODS, NOTHING RED IN COLOR, & NO MILK OR MILK PRODUCTS! ****
- 2. When you wake up or around lunch time,** mix flavor packet, powder, and water in the container the pharmacy provided for you, then place in refrigerator so the solution can get cold.
- 3. At 4:00pm,** start drinking the liquid. Drink one glass (8oz) every 15 to 20 minutes until liquid is gone. Your bowel movements should be clear in color.
- 4. NOTHING TO EAT OR DRINK AFTER MIDNIGHT!**

DAY OF PROCEDURE:

- 1. 1 ½ hours prior to arrival or leaving the house: DO ONE FLEET ENEMA (purchase over the counter).**
- 2. Do not eat or drink anything, not even water. Nothing to eat, drink, smoke, or chew (no water, gum, or candy). You may brush your teeth.**
- 3. Special instructions for routine medications are as follows:**

Blood pressure medicine	Take with a sip of water
Heart medicine	Take with a sip of water
Oral Diabetic medicine	Hold morning of the procedure
Blood thinner	Hold _____ days before procedure
Aspirin or aspirin products	Hold _____ days before procedure
Iron preparations	Stop 5 days before procedure
Vitamin E	Stop 5 days before procedure
Insulin	Hold morning of the procedure

***If you are a diabetic,** please check your blood sugar prior to coming in for your procedure.

REPORT TO: _____

Arrival Time: _____ **Day:** _____ **Date:** _____

NO RIDE, NO PROCEDURE! DRIVER MUST NOT LEAVE. EXPECT TO BE AT FACILITY FOR APPROXIMATELY 2 HOURS.

Commerce
Northridge Specialty Clinic
209 Mercer Place
Commerce, GA 30529

Greensboro
Tender Care Clinic
803 South Main Street
Greensboro, GA 30642

Lavonia
St. Mary's Sacred Heart
367 Clear Creek Drive Suite 2003
Lavonia, GA 30553

Hartwell
Hartwell Family Practice
229 Athens St.
Hartwell, GA 30643