

**KLEANLYTE****Medications to be stopped preprocedure:**

- Iron – 7 days.
- Non-steroidal – 5 days.
- Coumadin – 5 days.
- Herbs and Vitamins – 5 days.
- Novel anticoagulants – 2 days (48 hours)
- Plavix/Brillanta – 5 days.
- Fibre supplement – 5 days

**5 days before**

Do not eat nuts, popcorn, or foods with seeds.

**4 days before**

Purchase KLEANLYTE bowel prep from your nearest pharmacy – Please contact your pharmacy 4 days prior to make sure they have it. Do not Substitute.

**1 day before your procedure**

*Your last solid meal is breakfast until the procedure is complete. Drink only clear fluids until your procedure.*

**At 6:00 PM (Evening before the procedure)**

- Pour one KLEANLYTE bottle into the mixing container provided. Fill the container with cold water to the fill line and drink the entire amount.

**DRINK AN ADDITIONAL 2-3 CONTAINERS OF CLEAR FLUIDS/WATER OVER THE NEXT HOUR FOLLOWING THE BOTTLE.**

Stay near a bathroom. The bowel preparation is a very strong laxative and you will have frequent, watery bowel movements. It can start working within 1 to 4 hours.

**Day of Procedure - You may need to wake up early****HOLD METFORMIN, JANUVIA, JARDIANCE MORNING OF PROCEDURE**

- **4 hours before your appointment**, Pour second KLEANLYTE Bottle into the mixing container. Fill the container with cold water to the fill line and drink the entire amount.

**DRINK AN ADDITIONAL 2-3 CONTAINERS OF CLEAR FLUIDS/WATER FOLLOWING THE BOTTLE.**

**Acceptable CLEAR Fluids in addition to water:**

- Clear broths
- Clear, pulp-free juice (apple, white grape, white cranberry)
- Jello-O ®, popsicles (clear)
- Weak black tea, herbal tea, green tea
- Clear Gatorade/ Powerade

**Do not drink:**

- Red or purple liquids
- Alcoholic beverages
- Milk or dairy substitutes
- Liquids you can't see through

**\*\*PLEASE DO NOT DRINK ANY LIQUID FOR AT LEAST 2 HOURS**

**PRIOR TO  
PROCEDURE\*\***

**Tips**

**for  
Drinking the Bowel Prep:**

- **If you feel sick to your stomach, drinking Gingerale may help.** Keep drinking clear fluids but in smaller amounts and more often so you do not get dehydrated. ☐
- You can also take anti-nausea medication, such as Gravol, if you are nauseated. It is very important to keep drinking the bowel prep even if you are feeling sick to your stomach.

**ALL PATIENTS WILL REQUIRE A RIDE HOME AFTER THE PROCEDURE.**

If you have any questions regarding prep or medications, please call our office at **905-526-7002 ext 5**

**Charlton Digestive Disease Centre  
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Scan this QR code with the camera on your phone to watch a step-by-step video on prepping for your colonoscopy with KleanLyte