

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****

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.

Tips

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**

**Charton Digestive Disease Centre
406 – 25 Charlton Ave. E
Hamilton, Ontario
L8N 1Y2**



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