KleanLyte Preparation

DATE: _____ PROCEDURE: _____ ARRIVAL: _____

Arrive 30 minutes before your procedure unless given a different arrival time.

1 Plan your medications

Follow this schedule unless your physician gives a different plan. Confirm blood-thinner, insulin and diabetes instructions with the clinic or prescriber in advance, including when to restart.

7 DAYS: Iron; Ozempic, Wegovy, Mounjaro and Zepbound.

5 DAYS: Non-steroidal anti-inflammatory medicines such as ibuprofen (Advil); Coumadin (warfarin); herbs and vitamins; Plavix / Brilinta; fibre supplements.

AT LEAST 48 HOURS: Novel anticoagulants, according to your individual medication plan.

Ask which routine medicines to take on procedure morning and how to time them around the prep and fluid cut-off. Bring your medication and supplement list for the consultation before your procedure.

2 Get ready in advance

5 DAYS BEFORE: Do not eat nuts, popcorn or foods containing seeds.

3 DAYS BEFORE: Confirm pharmacy availability and purchase KleanLyte. No prescription required. Check for TWO bottles and the mixing container. NO DULCOLAX is required for this prep. Do not substitute or add other laxatives unless instructed.

3 Choose clear fluids

YES — PERMITTED: Water; clear broth without solid pieces; pulp-free apple, white grape or white cranberry juice; ginger ale or clear soft drinks; light-coloured sports drinks; tea or black coffee without milk or cream; light-coloured Jell-O or popsicles without fruit pieces.

NO — AVOID: Red or purple liquids; alcohol; milk, cream or plant-based milk; meal replacements; smoothies; juice with pulp.

Drink a variety of permitted fluids, not just water, in addition to the water required after each dose. Discuss any fluid restriction with the clinic before starting.

ARRANGE FOR A RESPONSIBLE ADULT TO DRIVE OR ACCOMPANY YOU HOME
You cannot drive yourself home after sedation. A responsible adult must drive you home or accompany you in a taxi, Uber or other rideshare service. The driver of a taxi or rideshare service does not qualify as your responsible adult. Your designated adult must remain nearby and be available when you are ready for discharge.

For 24 hours after sedation: no driving, machinery, alcohol or important legal decisions. Follow your discharge instructions.
Bring your health card. Leave valuables, jewellery and smartwatches at home; you will be asked to remove your smartwatch.
CANCELLATIONS: Give at least 3 business days' notice; less notice may result in a $90 fee.
LOCATION: 211 Pritchard Road, Unit 4, Hamilton, ON L8J 0G5. Use the entrance on the right side of the building.

Follow your prep timeline

Use the ARRIVAL TIME given by the clinic for all morning timings below.

THE DAY BEFORE

Breakfast is your last solid meal. After breakfast, drink permitted clear fluids only. Do not eat solid food again until after your procedure.

4 P.M. • FIRST BOTTLE: Pour ONE KleanLyte bottle into the supplied mixing container. Add cold water to the red fill line (473 mL) and drink the entire amount. Never drink the undiluted solution.

THEN • EXTRA WATER: Drink TWO additional containers of WATER, each filled to the red line (473 mL each; 946 mL total), over the next hour.

AFTERWARD: Continue permitted clear fluids. This is a STRONG LAXATIVE: expect frequent, watery bowel movements. Stay close to a bathroom.

THE DAY OF YOUR PROCEDURE

No solid food before arrival or at the clinic. Wait until after your procedure.

4 HOURS BEFORE ARRIVAL AT THE CLINIC • SECOND BOTTLE: Pour the SECOND KleanLyte bottle into the supplied container. Add cold water to the red fill line (473 mL) and drink the entire amount. You may need to wake during the night.

THEN • EXTRA WATER: Drink TWO additional containers of WATER, each filled to the red line (473 mL each; 946 mL total), over the next hour. Finish all prep solution and required water before the drinking cut-off.

STOP ALL FLUIDS AT LEAST TWO HOURS BEFORE ARRIVAL
Includes WATER, CLEAR FLUIDS and BOWEL PREPARATION. Failure to follow this instruction may result in cancellation of your procedure.
During these two hours: do not chew gum, suck on candy or smoke.

Example for a 10 a.m. procedure and 9:30 a.m. arrival

5:30 A.M.: Start the diluted second bottle. THEN: Drink two containers of water over the next hour. 7:30 A.M.: STOP ALL FLUIDS. Finish all prep and water by this time. 9:30 A.M.: Arrive for your 10 a.m. procedure, unless instructed otherwise.

Finish both doses and know when to get help

Finish both doses even if stool already looks clear. Final output should be watery, clear or light yellow, without solid stool. For nausea or bloating, temporarily pause or slow down, then resume when better while keeping to the cut-off. Ginger ale may help. Ask a clinician or pharmacist before taking anti-nausea medicine.

Call 905-526-7002 ext. 3123 if you cannot finish, vomit repeatedly, have no response after several hours, or still pass brown or solid stool. Do not add laxatives or drink past the cut-off. Tell staff about incomplete preparation as soon as possible.

When the clinic is closed, call Ontario Health811 at 811 for general advice. Seek urgent assessment for severe pain, marked swelling, inability to keep fluids down, significant bleeding or severe dizziness. Call 911 for difficulty breathing, or another emergency.