

INSTRUCTIONS FOR COLONOSCOPY PREPARATION

3 DAYS PRIOR

- Stop taking any fiber supplements and anti-diarrheal medication. Eat only low fibre foods
 - If you are taking medication for diabetes and/or cardiac conditions, follow the instructions you've received for managing those medications during the procedure preparation.
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1 DAY PRIOR

- Drink only clear liquids or certain light-colored beverages like soft Rava Kanji, Soup, Juice, Curd, Buttermilk, Coconut Water, Tea or Coffee
 - Do not eat solid foods.
 - You will drink half of the laxative drink today, starting in the late afternoon.
 - Your laxative drink (**Exelyte or Coloprep solution**) is available as a kit of 2 solution packs of which one is to be used the day prior and the other one on the day of the procedure.
 - Mix one pack of your laxative solution in 1 litre of water. Start drinking the laxative between 4 p.m. and 6 p.m. Drink 1 glass every 10 to 15 minutes. Try to drink quickly rather than sipping
 - This solution is given to cleanse the intestine, hence you may pass 8-10 loose motions after drinking this solution.
 - Take Tab Gerbisa or Tab Dulcolax 2 tabs at 10pm.
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ON THE DAY OF COLONOSCOPY

- If your procedure is in the morning, you may need to get up earlier than usual to finish drinking the laxative.
 - Drink the rest of the laxative (1 pack mixed in 1 litre of water) starting at around 4 am and finish in 1-2 hours. Drink about a glass every 10 to 15 minutes, the same as the previous evening.
 - You must avoid having any other beverage at least 4 hours before your appointment time.
 - Hypertensives should take antihypertensive meds at 6 am with sips of water. Do not take your antidiabetic medications.
 - Please carry all your previous medical records. A relative to accompany.
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