

# GETTING READY FOR YOUR COLONOSCOPY

COLONOSCOPY DATE: \_\_\_\_\_ TIME: \_\_\_\_\_

## READ THIS:

Follow these instructions to clean the stool (poop) out of your colon. If the doctor cannot see the inside of your colon on the day of your colonoscopy, you may have to **repeat the procedure**. Call ColonCheck at 204-788-8653 if you have any questions. Interpreter services are available.

### One week before your colonoscopy:

- do not eat flax / poppy/sesame seeds or fish oils (omega 3, 6 & 9).
- make arrangements for someone to pick you up after your colonoscopy.

### A few days before your colonoscopy go to any pharmacy and buy:

- one jug of Lyte preparation (Golyte or Colyte), and
- two 5mg Ducolax (Bisacodyl) tablets.

You do not need a prescription for these medications, but they are kept behind the counter. **Ask the pharmacist.**

### Starting \_\_\_\_\_ (DAY BEFORE YOUR COLONOSCOPY):

- Do not eat any solid foods.
- Drink only clear fluids. These are liquids that you can see through.
- Take your bowel preparation as described on reverse.
- Try to drink one glass of clear fluid each hour that you are awake.

OKAY FLUIDS	NOT OKAY FLUIDS/FOODS
✓ water	✗ bread, grain or rice
✓ clear soup, broth or bouillon	✗ soups with chunks of food
✓ apple, white grape or white cranberry juice	✗ meat
✓ clear, yellow, orange or white Gatorade/Powerade	✗ fruit or vegetables
✓ ginger ale	✗ milk or dairy products
✓ coffee or tea (sugar/sweetener are okay)	✗ red, blue, green or purple drinks
✓ popsicles (not red or purple)	✗ alcoholic drinks
✓ lemon or orange Jell-o	

SEE OVER 

## SPLIT

### BOWEL PREPARATION INSTRUCTIONS

1- Mix your Lyte preparation as listed on the jug.

2- **Starting at 6 pm:**

- Take two Ducolax tablets and start drinking 250 ml (1 cup) of preparation every 10 – 15 minutes until you finish half the jug (2 litres or 8 cups). You must drink the first half of the jug within 2 hours (by 8 pm).
  - If you feel sick, wait 20 – 30 minutes, then continue to drink the preparation.
  - You may take Gravol (25 – 50 mg) if the nausea continues. Gravol may make you drowsy.
  - The preparation will cause frequent loose bowel movements. The goal is to have liquid bowel movements, clear to yellow in colour.

3- **The day of your colonoscopy:**

- Do **not** eat any solid foods.
- Drink **only** clear fluids.
- At \_\_\_\_\_ (5 hours before your colonoscopy), **drink 250 ml (1 cup) of Lyte prep every 10 – 15 minutes** until you finish the second half of the jug (2 litres or 8 cups). You must finish the jug within 2 hours.
- At \_\_\_\_\_ (3 hours before your colonoscopy) **stop drinking all clear fluids.**

## NON-SPLIT

### BOWEL PREPARATION INSTRUCTIONS

Use these instructions **only** if you are unable to tolerate the split bowel preparation.

1- Mix your Lyte preparation as listed on the jug.

2- **Starting at 6 pm:**

- Take two Ducolax tablets and start drinking 250 ml (1 cup) of preparation every 10 – 15 minutes until you finish the full jug (4 litres or 16 cups). You must drink the full jug within 4 hours (by 10 pm).
  - If you feel sick, wait 20 – 30 minutes, then continue to drink the preparation.
  - You may take Gravol (25 – 50 mg) if the nausea continues. Gravol may make you drowsy.
  - The preparation will cause frequent loose bowel movements. The goal is to have liquid bowel movements, clear to yellow in color.

3- **The day of your colonoscopy:**

- Do **not** eat any solid foods.
- Drink **only** clear fluids.
- At \_\_\_\_\_ (3 hours before your colonoscopy), **stop** drinking all clear fluids.

You will know that your bowel preparation is done when your poop colour is **clear to yellow**. If you have any questions about your procedure or bowel preparation, call ColonCheck at 204-788-8653.



DARK AND MURKY

**NOT OK**



BROWN AND MURKY

**NOT OK**



DARK ORANGE & SEMI-CLEAR

**NOT OK**



LIGHT ORANGE & MOSTLY CLEAR

**NOT OK**



CLEAR TO YELLOW IN COLOUR

**YOU ARE DONE**