

Preparing for Your Colonoscopy: Colyte®

Your colonoscopy is on: _____

Please be here at: _____

The test usually takes 20 to 30 minutes. You'll be here for 2 to 3 hours.

Please read through all the instructions before starting your bowel prep. If you have questions about the instructions, please call us at _____

- You will be given sedation for the procedure. **Do not drive** for at least 8 hours after you were given the sedation. A responsible adult must take you home after the procedure—you're **not allowed** to drive, or take a taxi or a bus alone.
- If you don't have a ride arranged on the day of the colonoscopy, you can either cancel your appointment or choose to not be sedated.

5 days before your test

- Stop taking iron tablets and fibre supplements (e.g., Metamucil®) **5 days before** the test.

4 days before your test

Start the low-fibre diet.

Low-fibre foods include:

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|-----------|--------------------------------|---------------|
| • beef | • cooked or steamed vegetables | • white bread |
| • chicken | • canned fruit | • white pasta |
| • fish | • dairy products | • white rice |
| • pork | • eggs | |

Don't eat:

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| • nuts | • raw fruits and vegetables |
| • popcorn | • whole wheat or high fibre bread |
| • foods with seeds | • whole wheat or whole grain cereal or pasta |
| • oatmeal | • fibre supplements (e.g., Metamucil®) |

No later than 3 days before the test

Buy at a pharmacy:

- One 4 litre bottle of the bowel prep solution Colyte[®]. The pharmacy may have similar bowel prep solutions in 4 litre bottles named Peglyte[®] or Golytely[®]. You can use any of these bowel prep solutions.
- Clear fluids of your choice that contain electrolytes, such as sport drinks or soup broth.
Do not only drink water.
- Baby wipes (if you wish) for irritation caused by repeated bathroom trips.

Clear fluids that are okay (No red drinks. Orange is okay.)

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| <ul style="list-style-type: none"> • Sports Drinks – Gatorade[®]/PowerAde[®] • Clear pulp-free fruit juices - apple, white grape, white cranberry, lemonade • Clear soups – broth/bouillon • Water • Kool-Aid[®] | <ul style="list-style-type: none"> • Iced tea • Juice popsicles • Jell-O[®] • Ginger ale, 7-Up[®], Sprite[®] • Tea/coffee without milk products or substitutes |
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3 days before your test:

- Keep eating the low fibre diet.

2 days before your test:

- Keep eating the low fibre diet

1 day before your test:

1. Eat a light breakfast before **10 a.m.** (e.g., toast, tea, coffee, juice).
2. After **10 a.m.**, drink only clear fluids. You must not eat anything or drink milk or milk products until after your colonoscopy.
3. In the morning, ready the bowel prep solution as per the instructions on the bottle. Use only water to mix the solution—do not add anything else (e.g., like flavouring). Put the bottle in the fridge. The solution is a bit easier to drink when it's cold.
4. **Between 4 p.m. and 8 p.m. drink 2 litres of the bowel prep solution within 2 hours**—about a 250 mL (8 ounce) glass every 10 minutes. Drinking it quickly can make it easier to tolerate.
5. Make sure you're near a toilet once you start drinking the bowel prep solution. It can start working within 1 to 4 hours. You can expect to have diarrhea or watery stools.
6. **It's important to stay hydrated** during and after you're finished the bowel prep solution so that you don't become dehydrated.

If you get dehydrated you may become weak, dizzy and/or light-headed, faint, or fall. If possible, have a responsible adult nearby while you're doing the bowel prep.

The day of your test:

1. **Starting 4 to 6 hours before the time you're told to be at the facility, drink the last 2 litres of the bowel prep solution within 2 hours.** This may mean you have to wake during the night to drink the last 2 litres, depending on your appointment time. For example, if you have to be there at 10 a.m., start drinking the last 2 litres at 5 a.m.
2. **Keep drinking clear fluids** before you drink the last 2 litres or after you're finished the bowel prep solution so that you don't become dehydrated.
3. It's important to get through all 4 litres of the bowel prep solution to clean your bowel. If you're having loose, watery stools after drinking 2 to 3 litres, it doesn't mean that you can stop drinking the solution. There could still be solid stool near the end of your large bowel.
4. **Stop drinking all clear fluids 2 hours before your test.** For example, if your test is at 10 a.m. you can have clear fluids up until 8 a.m.
5. If you have to take medicine within 2 hours of the test, you can take it with a small amount of water.

Please arrange to have an adult in the waiting room to drive you home **1½ hours** after the time you were told to arrive.