

# COLONOSCOPY BOWEL PREPARATION

To be ready for your colonoscopy, you will need to drink a jug of Lyte solution. The Lyte solution causes frequent loose bowel movements (poops) to empty your colon. An empty colon allows the doctor to see clearly. If you have questions or concerns, call 204-788-8653.

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

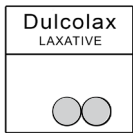
ARRIVE AT HOSPITAL BY: \_\_\_\_\_

COLONOSCOPY START TIME: \_\_\_\_\_

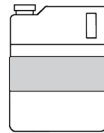
## DATE:

## 7 DAYS BEFORE THE COLONOSCOPY

- Do not eat seeds (e.g. flax, poppy, sesame), corn, iron or fibre supplements, or omega-3 or fish oil pills.
- Make arrangements for a friend to drive you home from the colonoscopy. You will be drowsy from the medication given during the colonoscopy.
- Buy these two items from a pharmacist:



Two 5mg Dulcolax (Bisacodyl) tablets



One jug of Lyte solution (GoLYTELY or CoLyte)

## DATE:

## DAY BEFORE THE COLONOSCOPY

**When you wake or at 6:00am** (whichever is earlier.)



Do **not** eat any solid foods.

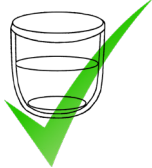


Do **not** drink alcohol.



Mix the Lyte as per the directions on the jug. Put the jug of Lyte in the fridge.

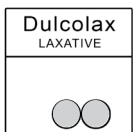
**Drink only fluids you can see through (clear).**



- Water
- Clear soup, broth or bouillon
- Ginger ale
- Coffee or tea (no cream or milk)

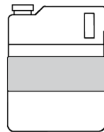
- Gatorade, Powerade, popsicles, freezies - or Jell-O that is orange, white or yellow (**not** red, purple, blue or green)
- Apple, **white** grape or **white** cranberry juice

**6:00pm**



Two 5mg Dulcolax (Bisacodyl) tablets

**6:00 - 8:00pm**



Drink 250ml (1 cup) of Lyte every 10-15 minutes until you finish half the jug (2 litres or 8 cups) within 2 hours (by 8:00pm).

6:00pm

6:30pm

7:00pm

7:30pm

6:15pm

6:45pm

7:15pm

7:45pm

- Use a timer to remind you when to take your next drink of Lyte. Check the boxes above as you drink the Lyte.
- Stay close to a toilet. You will have frequent, loose bowel movements.
- If you feel sick, wait 20-30 minutes, then continue to drink. If the nausea continues, take 25-50mg of Gravol (note that Gravol may make you drowsy).
- Put the remaining half jug of Lyte in the fridge to finish tomorrow.

DATE:

DAY OF THE COLONOSCOPY



Do **not** eat any solid foods.



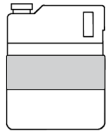
Do **not** drink alcohol.



**Continue to drink only fluids you can see through (clear).**

Try to drink one glass of clear fluid each hour that you are awake. Stop all fluids 3 hours before your colonoscopy.

**TIME:** \_\_\_\_\_ (5 1/2 HOURS BEFORE COLONOSCOPY)



Drink 250 ml (1 cup) of preparation every 10-15 minutes until the jug is empty.

**You must finish the jug within 2 hours.** Stay close to a toilet. You may continue to have loose bowel movements. Check the boxes below as you drink the Lyte fluid.

<input type="checkbox"/> _____ am	<input type="checkbox"/> _____ am	<input type="checkbox"/> _____ am	<input type="checkbox"/> _____ am
<input type="checkbox"/> _____ am	<input type="checkbox"/> _____ am	<input type="checkbox"/> _____ am	<input type="checkbox"/> _____ am

**Your colon is empty when your poop colour is clear to yellow.\***

**NOT OKAY**



dark & murky

**NOT OKAY**



brown & murky

**NOT OKAY**



dark orange & semi-murky

**NOT OKAY**



light orange & mostly clear

**OKAY**



clear to yellow

\*Reprinted with permission from Portland Gastro. <http://portlandgastro.com/bowel-cleansing-instructions/prep-stool-chart/> (2017).

**TIME:** \_\_\_\_\_  
(3 HOURS BEFORE COLONOSCOPY)



Stop all fluids.

**TIME:** \_\_\_\_\_  
(BEFORE COLONOSCOPY)



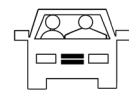
Check in at the hospital/clinic.  
Bring your Manitoba Health Card.

**TIME:** \_\_\_\_\_  
(COLONOSCOPY)



Have the colonoscopy.

**TIME:** \_\_\_\_\_  
(AFTER THE COLONOSCOPY)



You will not be allowed to drive yourself home. The medication given during the colonoscopy will make you drowsy. Have family/friend drive you home.