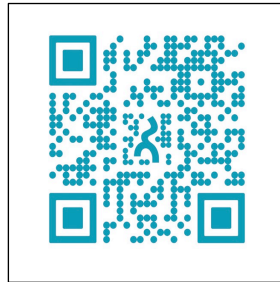


COLONOSCOPY

KLEANLYTE® PREPARATION & INSTRUCTIONS



Scan this QR code with the camera on your phone for a short video on prepping for your colonoscopy with KleanLyte, or copy and paste this link:
<https://www.youtube.com/watch?v=Kx8PEHteS3s&t=3s>

Date of Procedure: _____

Arrival Time: _____

Procedure Time: _____

Location:

Oakville Trafalgar Memorial Hospital
3001 Hospital Gate, Oakville, ON
L6M 0L8

 Ambulatory Procedures Unit
(Take Center Elevators to Level 2, then
proceed to G Area)
Bring your Ontario Health Card.

G.I. Health Centre
1960 Appleby Line, Suite 32
Burlington, Ontario
L7L 0B7
Corner of Appleby & Upper Middle Rd.
Bring your Ontario Health Card.

Cancellation

If you fail to show up for your procedure, reschedule or cancel within 14 days of your confirmed procedure date you will be charged a cancellation fee of \$250.00

Sedation

You will be sedated for this procedure. You will need to make arrangements for someone to accompany you. You are not allowed to drive home or to take a taxi unaccompanied.

If you have not made arrangements to be accompanied home, your procedure will be cancelled and you will have to reschedule it for another day. There are no exceptions.

Medication

Continue taking all of your prescribed medications, including Aspirin. **If you take any of the following non-ASA blood thinners** Coumadin/warfarin, Eliquis/apixaban, Pradaxa/dabigatran, Xarelto/rivaroxaban, Plavix/clopidogrel, Brilinta/ticagrelor, Aggrenox/dipyridamole, Ticlid/ticlopedine, Effient/prasugrel **please notify your surgeon and they will provide instructions.**

If you have a recent history of **Congestive Heart Failure, cirrhosis, or kidney disease**, please use the Bi-Peglyte® preparation, or contact your surgeon for more information.

Bowel Preparation

1 Box of KLEANLYTE (box contains one measuring cup plus 2 liquid bottles of undiluted Kleanlyte) This can be purchased at any pharmacy or from our office, but **you will need to visit or call your pharmacy 1 week prior to your procedure in order to give the pharmacy time to order the Kleanlyte for you.** Please give the pharmacy these codes: UPC 625972010392 McKesson 165742. Prescriptions are not needed.

3 Days before the procedure:

No Nuts, Seeds or Whole Grain breads. Stop taking fibre supplements (Flax seeds, Metamucil®, Benefibre®, etc)

1 Day before the procedure:

From the moment you wake up, until tomorrow, after the procedure, you must remain on a clear liquid diet **ONLY**. Please try to drink a glass of clear fluid every hour.

Clear Fluids include: water, apple juice, white cranberry juice, white grape juice, gingerale, chicken or beef broth (or other clear broth), tea (without milk – sugar is fine), Gatorade, Jello.

Do not drink coffee, dairy products or anything coloured red or purple or blue. Try to avoid dark coloured beverages. Yellow and Green are the safest options.

At 7:00pm on the evening before, start your first dose of Kleanlyte.

- Pour the contents of one of the bottles of Kleanlyte into the provided measuring cup.
- Fill the remainder of the cup with water, to the red fill line, and drink the entire amount.
- Over the next hour, YOU MUST fill the cup to the red fill line with water, TWO MORE TIMES, and drink both containers of water. DO NOT SKIP THIS STEP

Day of the procedure:

You are still on clear fluids only. No solid food until after your procedure.

At **4 hours before your procedure**, repeat what you did last night, with the second bottle of Kleanlyte (pour the contents of the Kleanlyte bottle into the provided mixing container, and top it up with water to the fill line. Drink the entire amount. Fill the provided mixing container TWO more times with water up to the fill line. Drink both containers of water. DO NOT SKIP THIS STEP).

STOP drinking all fluids 2 hours before your procedure time.

This preparation will give you diarrhea type bowel movements as the intention is to clear out your bowels for the exam. Try to get a good night's sleep.

****The more you drink the more effective the preparation will be****

Diabetic patients: if you want to take a meal replacement you have to take it 6 hours prior to your procedure.

DO NOT EAT OR DRINK ANYTHING 2 HOURS BEFORE THE PROCEDURE.

By this point, if you have been drinking enough water, your stool will be clear and pale yellow in colour, with no solids.

After the procedure:

Resume your normal diet and activity.

It is not uncommon to feel gas cramps for a short while. Moving around will help expel the gas.

If, after you get home, you have severe abdominal pain (worse than when you were in the hospital) or excessive bleeding from your rectum, you should go directly to your nearest Emergency department.

You will receive post-colonoscopy instructions after your procedure is completed including preliminary findings, as well as instructions on when to schedule your follow up appointment.