

PATIENT INSTRUCTION SHEET
PREPARATION FOR COLONOSCOPY

Date of Colonoscopy: _____

Please Report to: _____

at: _____ a.m. p.m.

OUT-PATIENT INSTRUCTIONS FOR COLONOSCOPY

To assist in your diagnosis, your doctor has requested that you have a colonoscopy, a test that involves the passage of a flexible tube into the colon. The test takes about twenty minutes to one hour. Your total stay in the hospital will be about five hours.

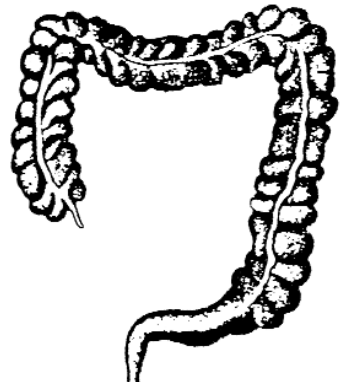
If you are currently taking medication, consult your physician about the use of medication during this preparation period. (Heart, blood pressure, asthma and epilepsy medication may be taken in the morning as usual.)

IRON PILLS SHOULD BE TEMPORARILY DISCONTINUED FOR TWO DAYS PRIOR TO THE COLONOSCOPY, and resumed the day after the colonoscopy.



To ensure that your large intestine is adequately prepared for colonoscopy your doctor has prescribed **Klean-Prep™** — available from any pharmacy with one day's notice.

The **Klean-Prep™** carton contains four sachets, all of which have to be mixed and consumed according to the instructions on other side.



IF YOUR COLONOSCOPY IS BOOKED FOR THE MORNING

THE DAY BEFORE THE COLONOSCOPY:

1. Eat a regular breakfast.
2. After breakfast, and until the procedure is finished, **YOU MUST REMAIN ON A DIET OF CLEAR FLUIDS**, such as: beef consomme soup, chicken broth, pop, Kool-aid, Popsicles, fruit juices (no pulp), Jello, tea or coffee (with no sugar, no milk).
3. **At 6:00 p. m.:** Start to drink the **Klean-Prep™** solution. Dissolve the contents of one sachet in 1000 mL (one litre) of cold water. Drink 250 mL of this solution every 10 minutes. Repeat above procedure with remaining sachets or as directed by physician.
4. About one hour after you begin to drink the **Klean-Prep™** you will start to experience a diarrhea-type of bowel movement.
5. Remember - you may drink clear fluids only, until bedtime

THE DAY OF YOUR COLONOSCOPY:

1. Have a clear fluid breakfast..
2. Report to the hospital at the assigned time and place
3. To help you pass the time - bring a book to read.
4. Arrange to have someone drive you home after the colonoscopy as you may receive sedating/calming medication prior to the procedure.

IF YOUR COLONOSCOPY IS BOOKED FOR THE AFTERNOON

THE DAY BEFORE THE COLONOSCOPY:

1. Eat a regular breakfast.
2. After breakfast, and until the procedure is finished, **YOU MUST REMAIN ON A DIET OF CLEAR FLUIDS**, such as: beef consomme soup, chicken broth, pop, Kool-aid, Popsicles, fruit juices (no pulp), Jello, tea or coffee (with no sugar, no milk).

THE DAY OF YOUR COLONOSCOPY:

1. Have a clear fluid breakfast..
2. **At 6:30 a.m.:** Start to drink the **Klean-Prep™** solution. Dissolve the contents of one sachet in 1000 mL (one litre) of cold water. Drink 250 mL of this solution every 10 minutes. Repeat above procedure with remaining sachets or as directed by physician.
3. About one hour after you begin to drink the **Klean-Prep™** you will start to experience a diarrhea-type of bowel movement.
4. Report to the hospital at the assigned time and place
5. To help you pass the time - bring a book to read.
6. Arrange to have someone drive you home after the colonoscopy as you may receive sedating/calming medication prior to the procedure.

ADDITIONAL INSTRUCTIONS: _____
