KAMLOOPS GASTROENTEROLOGY

Bowel Prep Instructions

Procedure before 10:00 AM

Please read all the instructions below before you start your preparation, as the doctor's ability to visualize your colon depends on a thorough bowel preparation. If the doctor cannot see the inside of your colon on the day of your colonoscopy, you may have to repeat the procedure.

***If you have any questions, please call your gastroenterologist's office (kamloopsgi.ca/contact-us)**

Preparing for your colonoscopy:

- **For 1 week** before your colonoscopy do not eat nuts, seeds, foods containing seeds such as berries, cucumbers, tomatoes, all leafy green vegetables, all raw vegetables (cooked and steamed vegetables are OK), multigrain breads, popcorn, oatmeal, corn, quinoa, and granola.
- Stop **ALL** iron and fiber supplements, including Metamucil, 1 week before your colonoscopy.

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

- 4 litre jug of PEG prep (Peglyte or Colyte)

The day before your colonoscopy:

- **NO** solid foods.
- Drink clear fluids **ONLY**. These are liquids that you can see through. See the "Fluids that are okay" list on the back of this page.
- Try to drink one glass of clear fluids each hour that you are awake.
- Mix your PEG prep as described on the jug
- Beginning at 6:00 PM, start drinking 250 mL (1 cup) of PEG prep 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 prep.
- You may take Gravol (25-50 mg) if the nausea continues. Gravol may make you drowsy.
- The prep will cause frequent loose bowel movements. The goal is to have liquid bowel movements, clear to yellow in colour.

The day of your colonoscopy:

- Do not eat any solid foods.
- Drink only clear fluids. It is important to stop drinking all clear fluids 2 hours before your colonoscopy.

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Fluids that are okay:	**Food and fluids that are <u>not</u> okay:**
• Clear soup broth or bouillon • Apple juice, **white** grape juice, **white** cranberry juice • Clear or lemon Gatorade/Powerade • Ginger ale • Water • Coffee or tea (no milk or cream) • Popsicles (not red or purple) • Lemon or orange Jello	• No bread, grain, or rice • No soups with chunks of food • No meat • No fruit or vegetables • No milk or dairy products • No red, blue, or purple liquids • No alcoholic drinks

You know that your bowel preparation is complete when your stool (poop) is a yellow to clear coloured liquid: