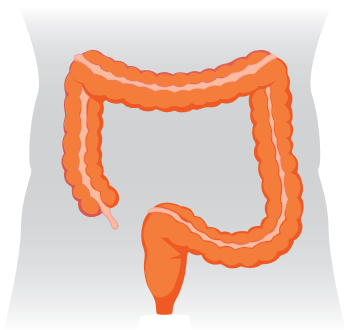


Getting ready for your colonoscopy

You will have a colonoscopy (a test to examine your large intestine or colon).



We need your help to see inside your intestine.

This guide helps healthcare providers explain to their patients the value and process of preparing for a colonoscopy. Please tape it to the patient's bed table and use it as a placemat.



1

What is a colonoscopy?

Colonoscopy is an exam **to identify changes** in the intestine, such as polyps or other abnormal tissue growths. If necessary, and possible, this tissue can be removed during the colonoscopy.

A colonoscopy helps your doctor **detect** possible causes of intestinal **problems** you might be experiencing, such as abdominal pain and rectal bleeding.

To look inside your intestine, the doctor uses a thin and flexible tube with a tiny camera.

The colonoscopy usually takes between 1 and 2 hours, because of the sedation and the other necessary steps.

2

What is a bowel prep?

A bowel prep is a **process to clean your intestine** before the colonoscopy. To achieve this goal, you will start:

- a) a clear fluid diet, and
- b) drink a laxative called Colyte.

If your intestine is not clean, the colonoscopy cannot be performed, and the bowl prep process needs to be repeated.

A good bowel prep is key for the success of your colonoscopy.

3

Drinking clear fluids



Start a 24 hour clear fluid diet. **Do not eat solid food.** Please drink lots of clear fluids before your colonoscopy.

Clear fluids include:

- Water
- Iced tea
- Tea or coffee
- Fruit juices (pulp-free): apple, white grape, lemonade
- Kool-Aid
- Ginger ale
- Sprite or 7-Up
- Coconut water
- Gatorade or Powerade
- Clear broth

You can also have Jell-O and juice popsicles.

If some of these fluids are not available at the unit, you can ask your family members or friends to bring them to you.

Please **do not** drink **red, purple, or blue** fluids; milk products or substitutes (soy, almond); or alcohol.

Keep drinking. It is important to **avoid dehydration.**

4

Taking the bowel prep solution: Colyte

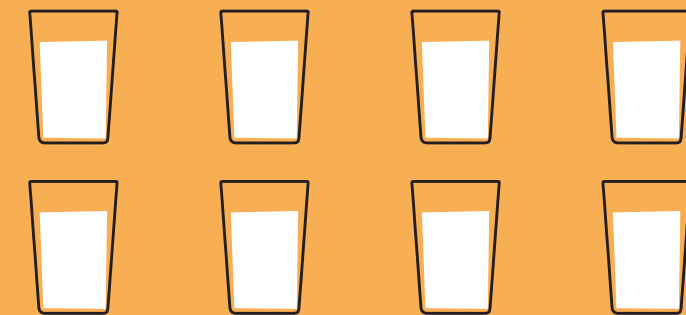
Before the colonoscopy drink 4 litres of Colyte. Take **8 glasses** of about 500 mL (16.9 ounces) as frequently as possible. Your nurse will tell you when to start drinking.

The Colyte may taste unpleasant. It might help to cool it before you drink, to drink it quickly, or use a straw placed far back in your mouth. Suck on a light colour hard candy (not red, purple or blue) after you drink the bowel prep solution.

Be **near a toilet** once you start drinking the bowel prep solution. It can start working within 1 hour. **You will have diarrhea or watery stools.**


If you are feeling sick to your stomach, stop drinking for 30 minutes. You can drink ginger ale to settle your stomach. Please tell your nurse if you are feeling nauseous. **It is very important to keep drinking the bowel prep solution.**


Check mark each glass you drink



At the end, your stool should be **liquid and clear.** **You should be able to see through it.**

Goal:
a clean
intestine


1. Like pebbles
Hard to pass
Not ok


2. Lumpy
Hard to pass
Not Ok


3. With cracks
Not Ok


4. Soft & smooth
Better


5. Soft blobs
Even better


6. Mushy
Almost there


7. No solid bits
Liquid & clear
You are ready!