

HAMILTON ENDOSCOPY CENTRE

40 JAMES STREET SOUTH

HAMILTON, ONTARIO

PH-905-297-8434 FX-905-296-0050

THE DAY BEFORE YOUR COLONOSCOPY-KLEAN PREP

You can have a light breakfast and lunch.

At 1:00pm---no solid foods---clear fluids only.

For example: water, ginger-ale, apple juice, clear broth, iced tea, black tea or coffee, sugar is ok but no milk or cream.

At 5:30pm---begin drinking the Klean Prep drink. Mix as directions advise. Drink at least a ½ a cup of the prep drink every 10 to 20 minutes. You may notice a mild nausea or have a full feeling. This is normal.

After about 1 hour, you will start having loose, watery bowel movements. Keep drinking the rest of the prep drink. If you are having problems drinking, change from a glass every 10 to 20 minutes to every 20 to 30 minutes.

At 7:00pm---take the 2 dulcolax tablets.

Continue drinking the rest of the Klean Prep solution until it is all gone.

6 Hours before your scheduled arrival at the clinic, stop all fluids.

Nothing is to be swallowed, even medications, unless told otherwise by the doctor.

YOU WILL NEED A RIDE HOME AS YOU WILL BE SEDATED

If you do not have a ride home, the Hamilton Endoscopy Centre Staff could possibly cancel your procedure.