

COLONOSCOPY PREPARATION

Your colon must be completely empty for the colonoscopy to be successful.

GOLYTELY or COLYTE

You must buy the following product at your local pharmacy:

- **1 bottle (4L) of Golytely or Colyte .**
- **3 Bisacodyl Tablets**

The DAY BEFORE your exam:

- **Drink ONLY clear liquids the whole day. You are encouraged to drink one glass of fluid (8 oz) every hour.**
- (Gatorade, water, juices, ginger ale, broth, yellow/green/orange Jello without added fruit or toppings, popsicles, plain tea, black coffee).
- **Do not eat any solid food. No liquid coloured purple/red, no juice with pulp, and no dairy products.**
- **Prepare the solution and chill in the refrigerator until ready to use.**
- **At 12:00 pm** take the **3 Bisacodyl Tablets** with a glass of water (250 ml/8 oz).
- **At 3:00 pm** start drinking 3 L of solution, 1 glass (250mL/8oz) every 10 minutes until it's finished.
- If you become too bloated, wait to have a bowel movement, and then continue to drink.

The DAY OF your exam:

- **2 to 3 hours before your exam** start drinking the remaining 1 L of solution, 1 glass (250mL/8oz) every 10 minutes until it is finished.
- Do not drink any dark liquids, no coffee.
- Stop drinking clear liquids 1 hour before your test.

IMPORTANT NOTICE

- **As per Cardiologist/Doctor recommendations REFRAIN FROM TAKING COUMADIN, PLAVIX, XARELTO, AND ALL IRON SUPPLEMENTS**
- **TWO (2) DAYS PRIOR STOP NUTS OR SEEDS**
- **IT IS MANDATORY THAT YOU ARE ACCOMPANIED BY SOMEONE WHO CAN DRIVE YOU HOME, YOU ARE NOT PERMITTED TO DRIVE FOR A MINIMUM OF 24 HOURS AFTER THE EXAM.**

Cancellation fee of \$500.00 non-refundable. Please consult the cancellation policy.