

Colonoscopy Bowel Preparation Tips

Bowel preparation empties your colon so that it is ready for a successful colonoscopy. An empty colon is the best way for the doctor to see if there is any abnormal tissue and prevents the need to repeat the procedure.

The information below is intended to support the instructions given to you by the doctor or facility performing your colonoscopy. Please contact them if you have any questions about your upcoming procedure.

Week before your colonoscopy:

- ▶ Buy the bowel preparation supplies recommended by the doctor or facility performing your procedure.
- ▶ Do **not** eat any corn or seeds (e.g. flax, poppy, or sesame).
- ▶ Do **not** take any iron or fibre supplements, omega-3 fatty acids, or fish oil.
- ▶ Arrange for a ride home as you will be drowsy from the medication given during the procedure.
- ▶ If you are diabetic, speak to your doctor for any special instructions.

Day before your colonoscopy:

- ▶ **Do not eat any solid foods.**
 - You can have clear soup, broth or bouillon, and light-coloured (orange or yellow) Popsicles or Jell-O.
- ▶ **Do not drink any alcohol.**
- ▶ **Make sure to drink plenty of clear fluids.**
 - Water, ginger ale, black coffee or tea (sugar additive is ok), clear juices, and Gatorade/Powerade (no red, blue, purple or green).



Follow the bowel instruction given to you by the doctor or facility performing your colonoscopy.

Your colon is empty when you are passing liquid poop that is clear to yellow in colour.

NOT OKAY



Dark and murky

NOT OKAY



Brown and murky

NOT OKAY



Dark orange and semi-murky

NOT OKAY



Light orange and mostly clear

OKAY



Clear to yellow

Helpful Tips

- ▶ Use a timer to remind you when to take your next drink of the bowel preparation solution.
- ▶ Keep the bowel preparation solution in the fridge – it's easier to drink when cold.
- ▶ Use a straw to make it easier to swallow.
- ▶ Stay close to a toilet. You will have frequent, loose bowel movements.
- ▶ If you feel sick, wait 20-30 minutes, then continue to drink. If you feel nauseous, it is ok to take 25-50 mg of Gravol. Keep in mind that Gravol may make you drowsy.

Day of colonoscopy:

- ▶ Do not eat solid foods or drink alcohol.
- ▶ You may continue to drink clear fluids, stopping **3 hours** before the colonoscopy.

If you have any questions about your procedure or your bowel preparation, please call the facility performing your colonoscopy, the office of the doctor performing the procedure, or ColonCheck at 1-855-952-4235.