Centre intégré de santé et de services sociaux
de la Montérégie-Ouest



KleanLyte Preparation

WHAT YOU NEED TO KNOW

A colonoscopy is an exam that allows the doctor to see inside the intestine (colon). The exam consists of introducing a flexible tube equipped with a camera into your anus.

In order for the doctor to see the walls of your colon clearly, all of your stools need to be eliminated. You can do this by:

- following the required diet;
- drinking the specified preparation (laxative);
- drinking plenty of fluids.

The quality of the exam will depend on how well you follow the preparation instructions. To avoid having to repeat the exam, it is very important to carefully follow the instructions below to ensure that your colon is thoroughly cleansed.

Diet to follow

7 days before the exam

Stop eating the following foods and products:

- chia;
- flaxseed;
- fiber supplements (e.g. Metamucil, Prodiem)
- nuts;
- salad;
- sesame;
- soy (seeds only).

3 days before the exam

You can eat low-fiber foods.

Avoid the following foods:

- corn;
- brown bread;
- foods containing small seeds (e.g. raspberries, strawberries, blackberries, grapes, etc.);
- high-fiber cereals (e.g. All-Bran);
- legumes;
- multigrain bread.

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The day before the exam (all day)

You should avoid eating solid or pureed foods. Only certain clear liquids are allowed. It's important to drink liquids from the list below to keep you hydrated and help your colon cleanse itself.



Clear liquids allowed:

- water;
- sports drinks such as Gatorade or Powerade **except red or purple flavours**;
- clear fruit juices (orange without pulp, apple, white cranberry, white grape, lemonade) **except red or purple flavours**;
- broth or clear consommé (beef or chicken);
- Jell-O, **except red or purple flavours**;
- white or pale soft drinks (e.g. ginger ale, 7up, Sprite, etc);
- iced tea;
- Kool-Aid, **except red or purple flavours**;
- black coffee, tea, herbal tea (**careful not to add add milk or cream**).



Prohibited liquids:

- dairy products;
- drinks such as Boost, Ensure, Glucerna;
- juice with pulp;
- tomato or vegetable juice;
- red- or purple-coloured liquids;
- dark or coloured soft drinks (Coke, Pepsi, Moutain Dew, etc.);
- alcohol.

Preparation and laxatives

A few days before the exam, go to the pharmacy and buy the **KleanLyte** preparation.

This product is available without a prescription.

Important

The preparation causes nausea and bloating. If you experience persistent and uncomfortable nausea or vomiting after taking the preparation, speak to the pharmacist.

Important

You should start having watery stools (diarrhea) within an hour of drinking the first litre of the preparation.

The day before the exam, when you get up:

- Start following the clear liquid diet.
- Drink at least 250 mL (8 oz) of clear liquid every hour.

The day before the exam, around 6 p.m.:

- Pour the contents of the first bottle into the provided container (glass).
- Add water up to the container's fill line.
- Drink the mixture.
- Over the next hour, drink three containers filled with water up to the fill line.

The day of the exam: no food permitted.

- Only drink **water** (no other clear liquids permitted).

The day of the exam, at least 3 hours before your appointment:

- Pour the contents of the second bottle into the provided container (glass).
- Add water up to the container's fill line.
- Drink the mixture.
- Over the next hour, drink three containers filled with water up to the fill line.

The day of the exam, 2 hours before your appointment:

- Stop drinking.



Be sure to follow the instructions you have been given on how to take your medications.

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