



Colonoscopy Instructions (KleanLyte)

Location: Bluewater Health Endoscopy Department – 3rd Floor

Colonoscopy Appointment Date:

Time of Arrival:

Time of Procedure:

Please call the office to confirm your appointment ONE WEEK BEFORE.

IMPORTANT INFORMATION:

1. **No** Recreational Drugs (including cannabis) or Alcohol to be used 24 hours before your Endoscopy Procedure, or your appointment may be cancelled at the discretion of your Anesthesiologist or Endoscopist.
2. **Information for Diabetic Patients and Medication** - Check your sugar levels and if they are low have apple juice or sugar tablets.
 - a. **Insulin** – Can take 1/2 dose of insulin.
 - b. **Oral Medication**- Can take medication the day before your appointment, but do not take oral medication the morning of your scope.
3. **Information for patients taking Ozempic:**
 - a. **If taking Ozempic for diabetes** – Hold 1 week before surgery or Endoscopy.
 - b. **If taking Ozempic for weight loss** – Hold 3 weeks before surgery or Endoscopy.
4. **NO** solid food or milk should be taken the day before (**aside from breakfast**) and the **day of** the colonoscopy.

Acceptable Clear Fluids

Water
Clear soups (Broth)
Clear Juice (Apple, White grape, White cranberry)
Clear soft drinks (Ginger ale, sprite)
Tea or coffee without dairy products or creamers
Clear Jell-O

Do NOT drink the following beverages

Red, Purple, or Blue liquids
Liquids that you can't see through
Alcoholic beverages
Milk or dairy substitutes

Precautions

1. Please bring your health card to your appointment.
2. Please register at Patient Registration prior to heading to the 3rd Floor.
3. You will be sedated for this examination.
4. You **MUST** have a responsible adult to accompany you home after your colonoscopy, or your procedure will be cancelled (**NO EXCEPTIONS**).

Please Note: Cancelled or missed colonoscopy appointments without a minimum of 24 hours' notice are subject to a \$100 fee.

THE DAY BEFORE YOUR COLONOSCOPY PROCEDURE:

You may have a regular breakfast but after please follow a clear liquid diet.

Step

1

At **7:00 pm** - Pour the contents of one bottle into the mixing container provided.

Step

2

Fill the container with water to the fill line and drink the entire amount.

Step

3

YOU MUST DRINK two additional containers filled to the fill line with water over the next hour.

DAY OF YOUR COLONOSCOPY PROCEDURE:

Step

4



Time to take second dose:

5 hours before your colonoscopy appointment, please repeat steps 1-3 using the second bottle of KleanLyte.

Nothing to Drink- including KleanLyte solution for 2 hours before the procedure.