



# BOWEL PREPARATION FOR COLONOSCOPY (KLEAN PREP)

1. The day before the test, you may have clear liquids for breakfast, lunch and dinner (**nothing red or purple**). This includes:
  - Clear broth (chicken, beef and vegetables)
  - Coffee or tea
  - Fruit juice without pulp
  - Fruit ice pops
  - Water
  - Sports drink (Gatorade)
  - Popsicle
  - Jello
  - Other similar beverages

*\*Please drink as much fluid as you possibly can*

2. At 6pm, the day before the procedure, take 3 tablets of Dulcolax (as prescribed)
  3. Between 6pm and 8pm on the day before the test, you should start drinking the laxative – 2 sachets of Klean Prep mixed in 2 liters of water until the solution is completely diluted.
  4. Between 4am and 5am (*for the morning procedure*), on the day of the procedure, you should start drinking the laxative – 1 sachet of Klean Prep mixed in 1 liter of water until the solution is completely diluted.
  5. At 8am (*for the afternoon procedure*), on the day of the procedure, you should start drinking the laxative – 1 sachet of Klean Prep mixed in 1 liter of water until the solution is completely diluted.
  6. Do not eat or drink after having the last dose of the laxative until the time of the procedure.
    - If you have any maintenance medications (for blood pressure or diabetes, etc) please ask your physician for any special instructions. Please discuss also medications such as insulin, Coumadin, aspirin or any aspirin-like medications as you have to stop few days before the procedure.
  6. Please do not take iron tablets 48 hours before the procedure.
  7. You must have a driver or take a taxi when going home. You will be advised not to drive within 24 hours after the procedure.
  8. Do not eat at least 6-8 hours prior to the scheduled appointment.
  9. Take Disflatyl tablets 3 hours before the procedure to decrease abdominal gas formation.
- **AVOID EATING ANYTHING WITH SMALL SEEDS 5 DAYS BEFORE THE PROCEDURE.**
  - **YOU MAY STILL DRINK WATER ATLEAST 3 HOURS PRIOR TO THE SCHEDULED APPOINTMENT**

**Appointment:** \_\_\_\_\_