

# COLONOSCOPY

## Colonoscopy Preparation Checklist ✓

### A week before the test (or more)

- Carefully review the instructions.
- Check whether any of the regular medicines you take need to be changed before the test. A few medicines may have to be changed a week before the test. See *Taking Your Regular Medications*.
- Step 1.** One week before: Do not eat corn, flax/poppy/sesame seeds, nuts, fish oils, or medicines containing iron including multivitamins containing iron.
- Step 2.** A few days before: Go to any pharmacy and buy the recommended laxatives and possibly Gravol.

### The day before your test

- Step 3.** Do not eat any solid foods. Drink only clear fluids. Try to drink one glass of clear fluids (see *Bowel Prep Instructions*) each hour that you are awake.
- Step 4.** Start taking the recommended laxatives at the time specified.

### The day of your colonoscopy

- Step 5.** Eat no solid foods, drink only clear fluids.
- 4-5 hours before your colonoscopy time take the remainder of the laxative according to the directions.
- Your bowel movements should be liquid, clear to yellow in colour. This means that your bowel is clean and that your doctor will have as clear a view as possible when he examines you.
- Step 6.** Have someone take you to the test, stay to get the results, take you home afterwards, and stay with you until the sedation has worn off (possibly overnight).

### The days after your test

- Plan for a follow-up visit or a phone call with your colonoscopy doctor or family doctor. Make a note for yourself about the recommended follow-up. It may take a few weeks for all the test results (for example results of a biopsy) to come back from a colonoscopy.
- Check on results from assessment of any polyps.

For more information on colonoscopy visit: [mycolonoscopy.ca](http://mycolonoscopy.ca).

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