

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 Graval.

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.