

COLONOSCOPY APPOINTMENT

Patient's name: _____
 Colonoscopy date: DD / MM / YYYY Time: _____ : _____ AM PM
 Facility where you are having your colonoscopy: _____
 Doctor contact telephone number: _____

MEDICATION

Name: _____	Name: _____
Date to be stopped: <u>DD</u> / <u>MM</u> / <u>YYYY</u>	Date to be stopped: <u>DD</u> / <u>MM</u> / <u>YYYY</u>
Name: _____	Name: _____
Date to be stopped: <u>DD</u> / <u>MM</u> / <u>YYYY</u>	Date to be stopped: <u>DD</u> / <u>MM</u> / <u>YYYY</u>

Scan to view a step-by-step video on how you can prep for your colonoscopy with KleanLyte™.



HOW TO TAKE KleanLyte™

Step 1.

Pour the contents of **one bottle** into the mixing container provided.

Step 2.

Fill the container with water to the fill line (473 mL or 16 oz.) and drink the entire amount.

Step 3.

Drink **two** additional containers filled to the **fill line with water** over the next hour.

Ensure that you **adequately hydrate before, during, and after** taking this product. For additional information on how to take KleanLyte™ and prep for your colonoscopy, **see the instructions on the back of this Protocol Sheet.**

IMPORTANT NOTE

The KleanLyte™ Kit may not be available at all pharmacies. Please allow 2–3 business days for ordering. NPN: 80107241; UPC 6 2597201039 2

Warnings and precautions

- **Do not drink this product before first mixing with water.** Drinking undiluted solution may increase the risk of nausea, vomiting, and dehydration. It is important to drink the additional recommended amount of water to prevent dehydration.
- This product may cause ulcers of the bowel or bowel problems. Do not take other laxatives while taking this product.
- Inform your healthcare professional if you have symptoms of too much fluid loss, including vomiting, nausea, bloating, dizziness, abdominal cramping, headache, less urine than usual, or trouble drinking clear fluid.
- Tell your healthcare professional about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. Do not take licorice or diuretics while taking this product.

How to prep for your colonoscopy

5 DAYS BEFORE YOUR COLONOSCOPY

Buy KleanLyte™ at the pharmacy or drugstore at least 5 days before your colonoscopy.

1 DAY BEFORE YOUR COLONOSCOPY

Before 10 a.m.:

- You can **eat a light breakfast.**

Light breakfast ideas:

- ✓ Eggs
- ✓ White potatoes
- ✓ Boost®
- ✓ Soup or broth with noodles (no meat or vegetables)
- ✓ White crackers
- ✓ White bread
- ✓ Ensure®
- ✓ White rice

After breakfast:

- Do not eat** any solid food until after your colonoscopy is completed.
- Drink only clear liquids.

Acceptable clear liquids:



- ✓ Water
- ✓ Clear soups (broth/bouillon)
- ✓ Clear juice (apple, white grape, white cranberry)
- ✓ Clear sports drinks
- ✓ Clear sodas
- ✓ Tea and coffee without dairy products or creamers
- ✓ Clear Jell-O

Do NOT drink the following:



- ✗ Red or purple liquids
- ✗ Liquids that you can't see through
- ✗ Alcoholic beverages
- ✗ Milk or dairy substitute

The evening before your colonoscopy:

- Follow steps 1–3 using **one bottle** of KleanLyte™.

THE DAY OF YOUR COLONOSCOPY

Do not eat anything.

- You can drink only clear liquids until after your colonoscopy. Avoid red and purple liquids, milk, and alcoholic beverages.

The morning of your colonoscopy

10–12 hours after the evening dose or as directed by your healthcare professional:

- Repeat steps 1–3 using the **second bottle** of KleanLyte™.

Additional instructions

Boost® is a registered trademark of Nestlé. Ensure® is a registered trademark of Abbott Laboratories. Jell-O is a registered trademark of Kraft Inc.