



The Reimer Clinic

For Health and Peace of Mind

385 Frederick Street, Unit 6
Kitchener, ON, N2H 2P2
Phone: 519-957-9730
Fax: 519-957-9732

"The Clinic" inside Walmart
1375 Baseline Road (at Clyde)
Ottawa, ON, K2C 3L9
Phone: 613-366-2021
Fax: 613-366-2025

mail@reimerclinic.ca

<http://reimerclinic.ca> / <http://cliniquereimer.ca>

Colonoscopy Preparation Instructions using Klean-Prep

Your colonoscopy is scheduled for:

Please arrive 30 minutes before your procedure. For best results please follow these instructions EXACTLY.

A few days before your procedure:

- Do not eat any nuts or seeds within 3 days of your procedure.

Purchase at a pharmacy:

- one package of Klean-Prep.
- a package of Gravol (optional).

Note: if you need a prescription for insurance purposes, please ask us at your visit.

A day before your procedure:

Eat a regular breakfast before 8 AM. After breakfast, and until the procedure is finished, YOU MUST REMAIN ON A DIET OF CLEAR FLUIDS. Clear fluids include beef or chicken broth, pop, fruit juices (without pulp), jello (except red or orange coloured), tea, and coffee. Avoid cream and milk. A clear fluid is anything that you can see through that does not contain solids. Avoid anything with red dye.

Appointments before 10 am:

One day before your procedure, begin by dissolving the laxative (3 pouches) in 3 liters of lukewarm water at 6:00 PM. Begin drinking at a rate of 250 ml every

10 to 15 minutes. Consume the full 3 liters over the next three hours.

On the morning of your procedure, mix the last pouch as before. Begin taking the 1 liter of solution at 4:00 AM as before.

Appointments at or after 10 am:

One day before your procedure, begin by dissolving 2 pouches of Klean-Prep in 2 liters of lukewarm water at 6:00 PM. Begin drinking at a rate of 250 ml every 10 to 15 minutes. Consume the full 2 liters over the next three hours.

On the morning of the procedure, mix the last 2 pouches as before. Begin taking the 2 liters at 6:00 AM.

Bowel movements typically start after one hour and last for four hours. Drinking a glass rapidly will work better than sipping a glass slowly.

You may experience nausea and bloating. If this happens, wait until the symptoms subside and then continue the preparation. You may wish to take some Gravol.

You should drink additional clear fluids until two hours before your procedure. Then, do not drink anything.

Arrive at the clinic one half-hour before your procedure is scheduled to start. Wear loose-fitting apparel.

Arrange for someone to drive you home after your procedure. This person should be available no later than 1 hour after your appointment time. You will be unable to operate a motor vehicle for 24 hours following your procedure.

If you take ASA, Coumadin/Warfarin, or Plavix, please consult with your family physician or your Reimer Clinic physician about when or if to stop taking this medication. Continue taking your blood pressure medication unless advised otherwise.



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Colonoscopy Preparation Instructions using Moviprep

Your colonoscopy is scheduled for:

Please arrive 30 minutes before your procedure. For best results please follow these instructions **EXACTLY**.

A few days before your procedure:

- a) Do not eat any nuts, multigrain, or seeds within 3 days of your procedure.

Purchase at a pharmacy:

- b) one package of Moviprep.
- c) a package of Gravol (optional).

Note: if you need a prescription for insurance purposes, please ask us at your visit.

A day before your procedure:

YOU MUST REMAIN ON A DIET OF CLEAR FLUIDS. Clear fluids include beef or chicken broth, pop, fruit juices (without pulp), jello (except red or orange coloured), tea, and coffee. Avoid cream and milk. A clear fluid is anything that you can see through that does not contain solids. Avoid anything with red dye.

Appointments before 10 am:

One day before your procedure, At 6:00pm, begin by mixing sachet A + sachet B into 1L of cold water (you may chill the preparation to make it more refreshing). Drink **the entire prepared mixture** within 30 minutes. **Also drink an additional two (2) cups of any**

Arrange for someone to drive you home after your procedure. This person should be available no later than 1 hour after your appointment time. You will be unable to operate a motor vehicle for 24 hours following your procedure.

Please discontinue iron supplements 7 days prior to the procedure. If you take Coumadin/Warfarin, Plavix, Pradax or other blood thinners, insulin or medications for diabetes, please consult with your Reimer Clinic physician about how to manage this medication. Continue to take any other medications including blood pressure medications unless advised otherwise.

clear liquid within the next 30 minutes.

On the morning of your procedure, mix the last two (2) sachets. Begin taking the one (1) liter of solution at 4:00 AM as before.

Appointments at or after 10 am:

One day before your procedure, At 6:00pm, begin by mixing sachet A + sachet B into 1L of cold water (you may chill the preparation to make it more refreshing). Drink **the entire prepared mixture** within 30 minutes. **Also drink an additional two (2) cups of any clear liquid** within the next 30 minutes.

On the morning of your procedure, mix the last two (2) sachets. Begin taking the one (1) liter of solution at 4:00 AM as before.

Bowel movements typically start after one hour and last for four hours. Drinking a glass rapidly will work better than sipping a glass slowly.

You may experience nausea and bloating. If this happens, wait until the symptoms subside and then continue the preparation. You may wish to take some Gravol.

You should drink additional clear fluids until four hours before your procedure. Then, do not drink anything.

Arrive at the clinic one half-hour before your procedure is scheduled to start. Wear loose-fitting apparel