



Preparation for Colonoscopy

For a Colonoscopy examination, the colon needs to be empty, so that the doctor can get a clear view of your large intestine.

The laxative solution Exelyte or Colowash is available in all leading pharmacy stores as a packet of 2 bottles of 45 ml each.

One day before the test:

- **In the evening between 5-6 pm** - Mix 1 bottle of Exelyte or Colowash (45 ml) with 1 bottle (300ml) of Lime juice and drink it slowly over 30-40 min.
- You will start passing motions after a few hours.
- Drink plenty of clear fluids to keep yourself well hydrated during this period. At night, you can have light meals like rice / dal/ khichdi etc.
- Avoid roti / chapatti / leafy vegetables or fruits.

On the day of the test:

- You can have tea/biscuits at 6 am.
- **From 7-8 am:** Mix the 2nd bottle of Exelyte or Colowash (45 ml) with 1 bottle (300 ml) of Lime juice and drink it slowly over 30-40 min.
- You will start passing watery motions after some time.
- Drink plenty of clear fluids to keep yourself well hydrated during this period.
- It is best to avoid eating anything thereafter.

Your Appointment Date: ----- Time: -----

