

HYDRATION MATTERS WHEN YOU'RE DOING BOWEL PREPARATION



Oral **bowel preparation** medicines are required to properly **empty and cleanse the bowels** before a colonoscopy. They work by causing diarrhoea and may also cause side effects including nausea and vomiting.^{1,2} Together, these effects **can leave you dehydrated and low in electrolytes.**^{1,2}

Signs of dehydration can include:³

- Dry mouth
- Increased thirst
- Decreased urine output
- Dark-coloured urine
- Fatigue
- Headache
- Dizziness or light-headedness
- Reduced concentration

Maintaining adequate hydration with clear liquids is important in the lead up to your colonoscopy



Why is hydration during bowel preparation important? Rehydration before, during, and after bowel preparation aims to replace the fluids lost during bowel preparation and restore the **body's natural water levels**. This can help to minimise side effects associated with dehydration.²



Why are clear liquids during bowel preparation important? Clear liquids are recommended during bowel preparation because coloured liquids and food (e.g., red, pink, purple) can stain the walls of your colon, be mistaken for blood or other abnormalities, or obstruct the field of view during your colonoscopy.¹ Drinking **coloured liquids may result in an unsuccessful procedure** that would likely need to be repeated.¹

Drinking only clear liquids before and during bowel preparation helps keep you hydrated and can help set you up for a successful colonoscopy^{1,2}

Clear liquids include:



Black coffee/tea



Water



Clear broth



Hydralyte® Colour Free Lemonade

Rehydrates faster than water alone to relieve dehydration and help restore lost water and electrolytes^{4,5}

Avoid coloured liquids such as:



Coffee/tea with milk/creamer



Orange/pineapple juice



Coloured cordial or sports/soft drinks



Alcohol

Ask your gastroenterologist for the **Hydralyte® Colour Free Explainer** to learn more about Hydralyte®



ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE.

References: 1. ASGE Standards of Practice Committee, et al. *Gastrointest Endosc*. 2015;81(4):781–794. 2. Lichtenstein GR, et al. *Aliment Pharmacol Ther*. 2007;26(5):633–641. 3. Cambell N. *Nursing Times*. 2014;110(46):20–21. 4. Jeukendrup AE, et al. *Nutr Metabol (Lond)*. 2009;6:9. 5. Wright EM, et al. *J Intern Med*. 2007;261(1):32–43.

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