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# PREPARATORY LIQUID DIET

FOR A VIRTUAL COLONOSCOPY

Centre intégré de santé et de services sociaux de Laval



## OPTIONAL DIET: A FEW DAYS BEFORE YOUR EXAM

For a few days before the exam, it is preferable to eat lighter meals and drink more water to help prepare your intestine.

## MANDATORY DIET: ON THE DAY BEFORE YOUR EXAM

To properly prepare for your virtual colonoscopy, on the day before your exam you must follow a varied liquid diet and take the following medications:

Medications to purchase at the pharmacy:      Medications that will be given to you by the medical imaging technologist:

- **PICO-SALAX**
- **BISACODYL (suppositoire)**
- **READI-CAT**
- **GASTROGRAFIN**

These medications can cause stomach cramps, so it is recommended that you stay at home to be near a restroom. The delay in side effects differs from one person to the next and can therefore occur within a period ranging from 30 minutes to 4 hours after taking these medications.

## VARIED LIQUID DIET—EXAMPLES

### Beverages

- Decaffeinated soft drinks (ginger ale, root beer, clear soda, cola)
- Sports drinks (ex: Gatorade)
- Water
- Filtered fruit juice with no skin or pulp (apple, grape, orange, lemonade, cranberry, pineapple)
- Tea, herbal tea
- Avoid alcoholic and caffeinated beverages because they tend to cause dehydration

### Soup

- Clear, filtered broth (without meat chunks, vegetable pieces, noodles or pasta)

### Dessert

- Popsicles
- Gelatin (Jell-O) without fruit pieces or toppings

## DIET TO FOLLOW ON THE DAY BEFORE YOUR EXAM

### Start of the varied liquid diet

- Between 8:30 a.m. and 8 p.m., drink 250 to 300 ml of water every hour.

### Breakfast: 8:30 a.m.

- Take the first packet of **PICO-SALAX** (which you purchased at the pharmacy), according to the instructions on the packaging.

- Drink half a bottle of **READI-CAT**.

### Lunch: 12 noon

- Continue the varied liquid diet and drink half a bottle of **READI-CAT**.

### At around 2:30 p.m.

- Take the second packet of **PICO-SALAX** according to the instructions on the packaging.

### Supper: 6 p.m.

- Continue with the liquid diet and drink half a bottle of **READI-CAT**. Discard the remaining half.

### At 8 p.m.

- Stop drinking water every hour.

### One hour before bedtime

- Dilute the contents of the bottle of **GASTROGRAFIN** in a glass of clear juice without pulp, and drink it. By diluting it you will eliminate the sour taste of the product.

- Insert a **BISACODYL** rectal suppository according to the instructions on the packaging.

## ON THE DAY OF THE EXAM

### When you wake up

- Insert the second **BISACODYL** rectal suppository according to the instructions on the packaging.

- Take your prescription medications with a small amount of water.

- Fast until the exam. Do not drink or eat anything.