NOTES	

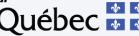
# PREPARATORY LIQUID DIET

FOR A VIRTUAL COLONOSCOPY

Centre intégré de santé et de services sociaux de Laval



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 pharma-

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

PICO-SALAX

cy:

READI-CAT

BISACODYL (suppositoire)

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 <b>READI-CAT.</b>
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 <b>BISACODYL</b> rectal suppository according to the instructions on the packaging.
ON THE DAY OF THE EXAM
When you wake up
☐ Insert the second <b>BISACODYL</b> 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.