

Preparation for short colonoscopy

Fleet enema

NAME:	Service phone number:
Appointment date:	Time:

NB: No reminder will be provided. Please record the Date & Time of your appointment in your calendar.

You are currently scheduled for a colonoscopy. In order to better prepare you for the exam, it is important to carefully review and follow all the steps indicated below. This will position yourself for better results and avoid the requirement to take the exam again.

Please also read the document « What is a colonoscopy? » including general instructions.

Preparing myself for my colonoscopy

3 days before the exam

- ◆ Purchase 2 over the counter **Fleet enemas** from your local pharmacy .

You must drink at least 2.0 liters of liquids the day before your exam

The day of the exam

- ◆ If your exam is after 12:00, have a light breakfast (orange juice, coffee, a toast). Afterwards, limit yourself to clear liquids. **Important, you can replace the Fleet enemas by the generic product but do not substitute with other type of medicine.**
- ◆ If your exam is in the morning, take only clear fluids up to 3 hours before your exam..

Liquids permitted	Liquids to be avoided
<ul style="list-style-type: none"> • Water • Clear fruit juices without pulp (apple, white grape, limonade) • Clear carbonated beverages (Sprite, 7Up, Ginger Ale), Gatorade • Non-dairy popsicles, gelatin desserts, Jello • Tisane, tea or coffee with nothing added • Clear chicken or beef broth, bouillon or consommé (without noodles or chunks) 	<ul style="list-style-type: none"> • Dairy products (yogourt, milk, cream) • Milk substitutes (soya, rice, almond milk,...) • Tomato and vegetable juice • Red juices and beverages • Alcoholic beverages • All red or purple liquids

1	<p><u>3 hours prior to your scheduled exam:</u> Take the first fleet enema (follow the instructions on the product box) Completely stop the liquid diet. You must be fasting.</p>
2	<p><u>1.5 hour prior to your scheduled exam:</u> Take the second fleet enema</p>

*For any emergency or additional information, you can contact the number at the top of this form or call the 'Info-santé' at 811.