

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 the over the counter **PICO-SALAX** product from your local pharmacy. **Important, you can replace PICO-SALAX with the generic product but do not substitute with other type of medicine.**
- ◆ Start the restricted fiber and residue diet

Foods permitted	Foods to be avoided
<ul style="list-style-type: none"> • White bread • Refined products, pasta and cereals (Special K, Rice Krispies,...) • White rice 	<ul style="list-style-type: none"> • Whole grain products, pasta, rice, cereals or breads (brown, whole wheat, multigrain, oat, bran,...) • Popcorn
<ul style="list-style-type: none"> • Skinless chicken or turkey • Liver, beef, veal, pork or other tender lean meat • Fish, sea food • Tofu / eggs 	<ul style="list-style-type: none"> • Processed meat, sausages • Fried food • Legumes (red kidney beans, lentils, chick peas, dried peas,...)
<ul style="list-style-type: none"> • Fruits other than those listed in the « Foods to be avoided » list • Cooked vegetables (MAX 3 servings / day): asparagus tips, carrots, green or yellow wax beans, mushrooms, squash, zucchini, parsnip, potatoes 	<ul style="list-style-type: none"> • Fruits: Plums, melon, grapes, cherries, dried fruits, kiwis, berries (strawberries, blueberries, raspberries,...), rhubarb, nectarines, fresh pineapple, orange pulp, fruit cocktail, coconut, skin and seeds of the fruits • Jams and marmelades • All vegetables other than those listed in the « Foods permitted » list
<ul style="list-style-type: none"> • Mayonnaise, mustard, butter, margarine 	<ul style="list-style-type: none"> • Nuts and seeds • Pickles, olives
<ul style="list-style-type: none"> • Low fat dairy products • Sorbet 	<ul style="list-style-type: none"> • All foods (cheese, yogurt, soups, cereals,...) containing ingredients from the « foods to be avoided » above

During the 3 days of preparation, it is important to hydrate yourself

The day before the exam

- ◆ **No solid food is allowed**
- ◆ Start in the morning immediately once you are awake, the 'clear liquids' diet for the whole day.

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

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At 5 p.m.: Prepare and take the first packet of PICO-SALAX

- A) Fill a mug with 150 ml cold water (5 oz)
- B) Empty the contents of a packet of PICO-SALAX preparation in cold water.
- C) Stir for 2 to 3 minutes until the product is dissolved. Drink the whole solution
- D) Thereafter, drink from 1.5 to 2.0 litres of clear liquids spread over the next 4 hours. NOT JUST WATER

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At 10 p.m.: Prepare and take the second packet of PICO-SALAX Repeat steps A) to D)

The day of the exam

3 hours prior to your scheduled exam: Completely stop the liquid diet. You must be **fasting**

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