



ONE-DOSE PREPARATION FOR TOTAL COLONOSCOPY

ONCE YOU GET YOUR APPOINTMENT



Go to the pharmacy and buy a container of Golytely or an equivalent (Colyte or Peglyte).

3 DAYS BEFORE YOUR COLONOSCOPY

Begin eating a low-fiber diet starting three days before your examination.

ALLOWED	FORBIDDEN
Broth/consommé	Cream soups
Meat, fish, eggs and tofu	Tough, fried, smoked, or marinated meat, almonds and legumes
White bread, rice, and pasta	
Milk and dairy products	Full-fat, aged, or hard cheese
Fruit or tomato juice, peeled potatoes	Cooked or raw fruit or vegetables, prune juice
Moderate amounts of dessert or candy	Nuts, coconut, chips, and popcorn
Butter, margarine, and mayonnaise	Sauces and salad dressings
Herbal tea, soft drink, and bottled water Tea and coffee (in moderation)	Alcoholic beverages

IMPORTANT

Your exam may be postponed if you do not comply with these preparation instructions.



THE DAY BEFORE YOUR COLONOSCOPY



Starting at 11:00 a.m., you must not eat any solid food until after your exam.

You may, however, have the allowed items in the following table.

ALLOWED	FORBIDDEN
Coffee and tea	Yogurt
Ginger ale	Pudding
Water	Potage and soup
Jell-O	Ice cream
Clear fruit juice (without pulp)	Red liquids
Broth	



Starting at 4:00 p.m., begin drinking the entire contents of the container of Golytely (Colyte ou Peglyte).

Drink a glassful every 10 to 15 minutes.

If it makes you feel nauseous, you can drink the solution more slowly, but you must drink the entire amount. **You can also add ice to chill the liquid.**



DAY OF YOUR COLONOSCOPY



IF YOUR EXAM IS SCHEDULED BEFORE NOON

After midnight, you must not:



- Smoke
- Drink
- Eat

IF YOUR EXAM IS SCHEDULED FOR THE AFTERNOON

After 7:00 a.m., you must not:



- Smoke
- Drink
- Eat

Revision and Layout

Service des communications

Direction des ressources humaines, des communications et des affaires juridiques

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