



TWO-DOSE PREPARATION FOR A TOTAL COLONOSCOPY

AS SOON AS YOU HAVE THE DATE OF YOUR APPOINTMENT



Purchase a container of Golytely
or the equivalent (Colyte ou Peglyte) at the pharmacy.

THREE DAYS BEFORE THE COLONOSCOPY

Three days before your test, follow a reduced-fibre diet.

PERMIS	INTERDITS
Broth/consommés	Cream soups
Meat, fish, eggs, and tofu	Hard, fries, smoked, or marinated meat, almonds, legumes
White bread, rice, and pasta	
Milk and milk products	High fat, old, or hard cheese
Fruit or tomato juice and peeled potatoes	Fruits, raw or cooked vegetables and prune juice
Desserts and sweets in moderate quantity	Nuts, coconut, chips, and popcorn
Butter, margarine, and mayonnaise	Sauces and salad dressings
Herbal tea, soft drinks, bottled water Tea, coffee (in moderation)	Alcohol

IMPORTANT

Respect the preparation instruction as failure to do so may result in the test being postponed.



THE DAY BEFORE THE COLONOSCOPY

STEP
1 



As of **11 a.m.**, you may no longer eat solid food until after your test.

You may eat:

PERMIS	INTERDITS
Coffee and tea	Yogurt
Ginger ale	Pudding
Water	Cream soups
Jell-O	Ice cream
Fruit juice (with no pulp)	Red colored liquids
Broth	

STEP
2 

As of **4 p.m.**, drink half of the container of Golytely (Colyte ou Peglyte).

Have a glass every 10 to 15 minutes.

If you experience nausea, you can drink the solution more slowly but you must drink half the container. **You can also drink it cold, with ice cubes.**



THE DAY OF THE COLONOSCOPY

STEP
3

8 HOURS BEFORE THE TEST, YOU MUST STOP:



- Smoking
- Drinking
- Eating

For example, if your test is scheduled for 2 p.m., you should stop eating, drinking, and smoking as of 6 a.m.

STEP
4

4 HOURS BEFORE THE TEST, DRINK THE OTHER HALF OF THE GOLYTELY SOLUTION (COLYTE OU PEGLYTE).

For example, if your test is scheduled for 2 p.m., you should drink the remaining half of the solution beginning at 10 a.m.

Revision and Layout

Service des communications

Direction des ressources humaines, des communications et des affaires juridiques

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