



At the pharmacy, buy four (4) litres of Colyte preparation

The day before the test - No solid foods, no dairy products

Start the **liquid diet as soon as you get up** in the morning

1. For the whole day, drink **only** clear liquids at breakfast, lunch and dinner.

You can have these clear liquids:

- Fruit juice without pulp (such as apple, white grape, or lemonade)
- Water
- Gatorade (uncoloured)
- Consommé or clear broth
- Coffee or tea (with sugar only, if you like)
- Carbonated soft drinks (uncoloured, such as 7up or Sprite)
- Plain Jello (except red)
- Popsicles (except red)

2. **Colyte:** At 4:00 p.m., start to drink 1 glass of the Colyte and continue to do so every 10 minutes. This drink will stimulate your intestines and make you have a bowel movement. For the best results, drink all 4 litres of the Colyte.

The day of the test

- Continue the liquid diet;
- Four hours before the test, you can have a Boost or Ensure (vanilla flavour only);

Then, you must not eat or drink anything during the 4 hours before the exam.

- Bring with you a list of the prescribed medications you take (ask your pharmacist)
- Plan to stay at the hospital to rest for one hour after the test
- You will not be able to drive, so plan to bring someone with you to drive you home

Your test is on _____ at _____.
(date) (time)

Please arrive at the Jeffery Hale 30 minutes before your appointment. First, sign in at the reception counter then go to the gastroenterology department on the 2nd floor, room 2-160.

Please bring: Your Jeffery Hale hospital card; The doctor's prescription; A valid Québec health insurance card. If not, you will have to pay for the services you receive and then ask for a refund from the RAMQ.

Questions? Call us at 418 683-2364