



**At the pharmacy, buy 2 sachets of Pico-Salax and 2 Dulcolax tablets**

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

- Start the **liquid diet as soon as you get up** in the morning. For the whole day, drink **only** clear liquids at breakfast, lunch and dinner. **You can have these clear liquids:**

▪ Water	▪ Gatorade (uncoloured)
▪ Fruit juice without pulp (such as apple, white grape, or lemonade)	▪ 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)

- **At 6:00 p.m. on the day before the test**
    - Drink the first preparation of Pico-salax and take 1 Dulcolax tablet
    - Make sure to stay near a bathroom, because the medication starts to work within one to three hours
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### **The day of the test**

- Continue the liquid diet;
- Between 7:00 and 8:00 a.m., drink the second Pico-salax mix and take 1 Dulcolax tablet;
- 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);
- If you have **diabetes**, a **heart condition** or you have **kidney problems**, or if you take **Coumadin** or **Plavix**, you **must** talk to the gastroenterologist before having this test;
- 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; and you are not allowed to drive for the rest of the day.

**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**