



## PREPARATION FOR A COLONOSCOPY | 2 PARTS

### AS SOON AS YOU HAVE YOUR APPOINTMENT DATE



Purchase a container of GoLyte®  
or equivalent (CoLyte or PegLyte) at the pharmacy.

### THREE DAYS BEFORE THE COLONOSCOPY

For three days before your examination, **avoid the following foods:**

- Cold cuts and sausages;
- Raw vegetables;
- These cooked vegetables: corn, cabbage family (broccoli, cauliflower, Brussels sprouts, cabbage, kale, chard, etc.);
- Fruit with small pits or seeds: strawberries, raspberries, kiwis, watermelon, blackberries, grapes, tomatoes, etc.;
- Whole grains, nuts, sesame and flax seeds;
- Legumes (dried beans, lentils, peas, etc.);
- Whole wheat or multigrain foods (multigrain breads, brown or wild rice, whole wheat pasta, quinoa, etc.).

#### Precautions

- Bloating or abdominal distension may occur before the first stool is passed. If abdominal distension or discomfort persists, temporarily stop drinking the solution or take longer to drink each 250 mL serving (more than 10 minutes) until the symptoms pass.
- If you experience severe abdominal swelling, pain, or distension, temporarily slow down or stop taking the solution until the symptoms pass. Report these symptoms to your doctor.
- Tell your doctor immediately if you have severe abdominal pain or bleeding from the rectum.

Follow the preparation instructions, or your examination might be postponed.

## THE DAY BEFORE THE COLONOSCOPY

STEP

1



Starting at 11:00 a.m., refrain from eating any solid food until after your examination. Drink only clear liquids.

### ALLOWED

- Water and ice;
- Apple, white grape or clear white cranberry juice without pulp;
- Jell-O (except red and purple);
- Beef or chicken consommé or broth (without noodles, vegetables, or solid residue);
- Herbal tea, coffee, and tea (without cream or milk);
- Gatorade-type energy drinks (except red and purple);
- Clear soft drinks (7-Up, Sprite, ginger ale).

### PROHIBITED

- No red, purple, blue, or green coloured drinks;
- No alcoholic beverages;
- No almond or soy milk;
- No opaque beverages;
- No dark soft drinks (Coke, Pepsi);
- No dairy products or alternatives (Ensure, Boost);
- No liquid with pulp.

STEP

2



Starting at 4:00 p.m., drink half the container of the GoLytey® solution (CoLyte® or PegLyte®).

Drink a glass every 10 to 15 minutes.

If you feel nauseous, you can drink the solution more slowly, **but make sure to drink it all.** You can also drink it cold with ice cubes.

## THE DAY OF THE COLONOSCOPY

STEP

3

8 HOURS BEFORE YOUR SCHEDULED EXAMINATION, ABSTAIN FROM SMOKING, DRINKING, AND EATING.

For example, if your examination is scheduled for 2:00 p.m., you must stop smoking, drinking, and eating at 6:00 a.m.



STEP

4

4 HOURS BEFORE YOUR SCHEDULED EXAMINATION, DRINK THE OTHER HALF OF THE GOLYTELY® SOLUTION (COLYTE® OR PEGLYTE®).

For example, if your examination is scheduled for 2 p.m., you should drink the other half of the solution starting at 10 a.m.

### Update

Dr. Julie Carrier and Dr. Nathalie McFadden  
Marie-Pier Lescault, Clinical Nurse Specialist  
Annie Paquin, Head, Endoscopy Department

### Revision and Layout

Service des communications  
Direction des ressources humaines, des communications et des affaires juridiques