

Hôpital Anna Laberge

Dossier :

Nom, Prénom :

Date de naissance :

AAAA-MM-JJ

☐ F ☐ M

NAM :

Exp.

AAAA-MM

Nom, Prénom de la mère :

PREPARATION – VIRTUAL COLONOSCOPY HÔPITAL ANNA LABERGE

Weight: _____ kg Height: _____ cm
Allergies: _____

INSTRUCTIONS

- 48 hours before the exam, stop the iron tablets and vitamins and start the low-residue diet.
- The day before the exam, stop the diuretics. Serve a low-residue breakfast, followed by a strict liquid diet.
- Starting at midnight on the day of the exam, make sure the patient is fasting. If the exam is at 2 p.m., serve a liquid breakfast and resume fasting afterwards.
- On the day of the exam, stop the hypoglycemic medications.

MEDICATIONS

Initials Sodium phosphate enema 130 mL (Fleet)
THE DAY BEFORE THE EXAM, FIRST THING IN THE MORNING, IR enema

Initials Bisacodyl tablet (Dulcolax)
THE DAY BEFORE THE EXAM, around 12 p.m., bisacodyl 20 mg PO

THE DAY OF THE EXAM, around 6:30 a.m., bisacodyl 10 mg PO with clear liquids

Initials Polyethylene glycol (PEG) oral powder (GoLYTELY)
THE DAY BEFORE THE EXAM, around 5 p.m.
Add cold water up to the line on the container (makes 4 litres).
Give 2 liters of PEG solution: one glass (250 mL) PO every 10 min., with a break between each glass.
Within an hour, stools should become a clear, yellow-tinged fluid, without any solid material. If this is not the case, continue giving the solution until stools are completely liquid.

Initials Barium sulfate for oral suspension 4.6% (E-Z-CAT)*
THE DAY BEFORE THE EXAM, around 7 p.m., barium sulfate 225 mL PO, do not dilute.

* This product is not provided by the pharmacy; it is available from the central store.

Date and time (yyyy/mm/dd)

Prescriber's signature

License #

☐ Sent by _____ (init.)

Time sent: _____

Prescription received by: _____ (nurse's init.)

Low-residue foods:

- white bread;
- boiled egg;
- skinless chicken or turkey cooked without fat;
- skinless boiled potatoes;
- white rice;
- white pasta.

Clear liquids allowed:

- water;
- sports drinks, such as Gatorade or Powerade (except red and purple);
- clear fruit juice (pulp-free orange, apple, white cranberry, white grape, lemonade);
- clear broth and consommé (beef or chicken);
- Jell-O (except red and purple);
- clear and light-coloured soft drinks (e.g., ginger ale, 7UP, Sprite);
- iced tea;
- Kool-Aid (except red and purple);
- coffee, tea, herbal tea (no milk or cream).

Liquids not allowed:

- dairy products;
- meal replacement drinks (e.g., Boost, Ensure, Glucerna);
- juice with pulp;
- tomato juice and vegetable juice;
- red and purple liquids;
- brown and coloured soft drinks (e.g., Coke, Pepsi, Mountain Dew);
- alcohol.