

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
INSULIN-DEPENDENT PATIENT
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. No more than 1 liter of liquid per meal during the day.
- 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

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

Fiber-free nutritional supplement (Ensure without fibre)
Initials THE DAY BEFORE THE EXAM, around 12 p.m., give 235 mL PO

THE DAY BEFORE THE EXAM, around 5 p.m., give 235 mL PO

THE DAY BEFORE THE EXAM, at evening snack time, give 120 mL PO

Bisacodyl tablet (Dulcolax)
Initials 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

Magnesium citrate oral solution (Citro-Mag)
Initials THE DAY BEFORE THE EXAM, around 3 p.m.
Magnesium citrate 250 mL (8 oz.) PO plus 4 glasses of water (125 mL or 4 oz.) within one hour.

Barium sulfate for oral suspension 4.6% (E-Z-CAT) *
Initials THE DAY BEFORE THE EXAM, around 5 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;
- juice with pulp;
- tomato juice and vegetable juice;
- red and purple liquids;
- brown and coloured soft drinks (e.g., Coke, Pepsi, Mountain Dew);
- alcohol.