

PREPARING FOR YOUR COLONOSCOPY with PICO-SALAX LAXATIVE

DATE & TIME OF COLONOSCOPY: _____ **ARRIVE @:** _____

Location: _____

Physician: _____ **Booking Clerk/ Administrator:** _____

Please take the time to carefully read these instructions well before the date of your test.

- You will NOT be permitted to drive yourself home after the procedure.
- You MUST be accompanied home by a responsible adult and you will not be permitted to take alternate transportation (taxi, bus). If on the day of the test you do not have a ride home, the procedure may be cancelled.
- Waiting lists for colonoscopy are long. Cancelling an appointment without sufficient notice prevents booking other patients into that appointment. If you need to cancel or reschedule your appointment, this must be done ONE WEEK PRIOR to your appointment. If this is not done, a new appointment slot may not be made available.

MEDICATIONS TO BE STOPPED OR CHANGED BEFORE PROCEDURE

As per physicians orders *If you were not instructed about these medications, you must call your nurse/ doctor's office for instruction*

- Anticoagulation _____ Diabetic meds _____
 ASA/ Clopidogrel _____ Iron tablets _____
 Allergies _____

You SHOULD take any required medications the day of the preparation and the day of the procedure with sips of water, unless otherwise instructed. Please let the nurse/ doctor know if there are ANY NEW MEDICATIONS you have started.

COLONOSCOPY PREPARATION

PICK UP FROM PHARMACY <ul style="list-style-type: none"> ✓ 1 box of Pico-salax (contains two packages) ✓ 4 Bisacodyl (Dulcolax) tablets ✓ Zinc ointment for the bottom (optional) 	<ul style="list-style-type: none"> ✓ Baby Wipes (optional) ✓ Clear fluids of your choice – NO RED BEVERAGES
ACCEPTABLE CLEAR FLUIDS	
<ul style="list-style-type: none"> ▪ Sports drinks – PowerAde or Gatorade (NOT RED OR PURPLE) ▪ Clear pulp-free fruit juices (apple, white grape, white cranberry, lemonade) 	<ul style="list-style-type: none"> ▪ Water, Kool-aide, iced tea, popsicles, Ginger ale, 7-UP, Sprite ▪ Clear broth or bouillon ▪ Coffee or tea WITHOUT CREAMER

- Jello (yellow or orange)

DIET

Eat a **low fibre diet for 3 days** prior to your colonoscopy and for breakfast on the PREP DAY. Do not eat nuts, popcorn, kiwis or foods with seeds. Avoid raw fruits/ vegetables, whole wheat or high fibre bread and avoid fibre supplements, such as Metamucil.

PREPARING THE PICO-SALAX

- You will be taking two doses of Pico-Salax as directed on the following page.
- For each dose, mix one package of Pico-Salax in a glass of cold water (240ml or 8oz). Stir constantly for 2-3 minutes until all of the powder is dissolved. If the mixture heats up, let it cool before you drink it but continue to stir while it cools.
- After each dose of Pico-Salax, you must drink AT LEAST six to eight- 8 oz. (240ml) glasses of clear liquids within the next 3 hours. You should drink a total of 4 litres of any clear fluids over the 24 hours preceding your colonoscopy.
- Do not take medications for at least 2 hours after drinking the Pico-Salax.
- If your colonoscopy is booked before 12 noon, the 2nd dose could result in the need for you to have a bowel movement during the night.

MORNING PROCEDURE

DAY 1 (3 DAYS BEFORE YOUR COLONOSCOPY) Date: _____

1. Eat a low fibre diet
2. **At 8:00 PM take 2 Bisacodyl (Dulcolax) tablets.** You may not have a bowel motion after taking these.

DAY 2 (2 DAYS BEFORE YOUR COLONOSCOPY) Date: _____

1. Continue to eat a low fibre diet
2. **At 8:00 PM take 2 Bisacodyl (Dulcolax) tablets.**

DAY 3 (the DAY BEFORE YOUR COLONOSCOPY – PREP DAY) Date: _____

1. You can **ONLY DRINK CLEAR FLUIDS** after a low fibre breakfast.
2. **At 12 noon, drink the first packet of Pico Salax after mixing it in an 8 oz. (240ml) glass of water.** Stir 2-3 minutes to ensure all the powder dissolves. **Follow these instructions rather than the package instructions.** Drink at least six to eight 8 oz (240ml) glasses of clear fluids within the next 3 hours.
3. **At 8:00 pm, drink the second packet of Pico Salax after mixing it in an 8 oz. (240ml) glass of water.** Drink at least six to eight-8 oz (240ml) glasses of clear fluids within the next 3 hours.
4. You should drink a total of **4 litres of any clear fluids** (not just water) over the 24 hours preceding your colonoscopy.

DAY 4 (DAY OF YOUR COLONOSCOPY) Date: _____

You can drink clear fluids and take any required medications until 2 hours before your arrival time for the test. If you are having a gastroscopy as well, you may not drink fluids for 4 hours before the test.

AFTERNOON PROCEDURE (1pm or later)

DAY 1 (3 DAYS BEFORE YOUR COLONOSCOPY) Date: _____

1. Eat a low fibre diet.
2. **At 8:00 PM take 2 Bisacodyl (Dulcolax) tablets.** You may not have a bowel motion after taking these.

DAY 2 (2 DAYS BEFORE YOUR COLONOSCOPY) Date: _____

1. Continue to eat a low fibre diet.
2. **At 8:00 PM take 2 Bisacodyl (Dulcolax) tablets.**

DAY 3 (DAY BEFORE YOUR COLONOSCOPY) Date: _____

1. You can **ONLY DRINK CLEAR FLUIDS TODAY after a low fibre breakfast.**
2. **At 8:00 PM drink the first packet of Pico Salax after mixing it in an 8 oz. (240ml) glass of water.** Stir 2-3 minutes to ensure all of the powder is dissolved. **Follow these instructions rather than the package instructions.** Drink at least six to eight - 8 oz. (240ml) glasses of clear fluids within the next 3 hours.

DAY 4 (DAY OF YOUR COLONOSCOPY) Date: _____

1. **Five hours before the time you are scheduled to arrive at the GI Unit, drink the 2nd packet of Pico Salax after mixing it in an 8 oz (240ml) glass of water.** Drink at least six to eight- 8 oz. (240ml) glasses of clear fluids within the next 3 hours.
2. You can drink clear fluids or take any required medications until 2 hours before your arrival time for the colonoscopy. Please stop 4 hours before if you are having a gastroscopy as well.
3. You should drink a total of 4 litres of any clear fluids over the 24 hours preceding your colonoscopy.

After drinking each packet of Pico Salax, it is important to continue to drink adequate amounts of clear fluids until 2 hours before your arrival time for the colonoscopy. This is to prevent dehydration. A carbohydrate\electrolyte fluid like PowerAde\Gatorade is preferred. If you become dehydrated, you may become weak, dizzy and\or light-headed. This could increase your chance of fainting or falling. It is recommended to have a responsible adult with you or available to you during your bowel preparation period.

The most important thing you can do to ensure the success of your colonoscopy is to properly prepare for the test. The large bowel must be cleaned out to allow for thorough examination of the bowel wall and therefore, detection of any abnormalities. An excellent bowel preparation improves the quality and the safety of the test. A poor bowel preparation increases the risk of missing significant abnormalities such as cancers or polyps and it increases the risk of complications. It may also result in the need to repeat the test.

If you experience nausea (feeling of sickness) you may try drinking ginger-ale, taking a 30min break from drinking the prep or you may purchase Gravol® (without a prescription) at the pharmacy.
