



Colonoscopy: PICO-SALAX preparation

What is a colonoscopy?

A colonoscopy is a procedure that allows a doctor to see inside your colon for any abnormalities. The colonoscope is a long flexible tube with a light and a camera on the end. This is manipulated through your colon to allow a surgeon or gastroenterologist to inspect the inside of your bowel. For your procedure, you will be given medication that will relax you and may make you sleepy. Samples of tissue may be taken during your procedure and/or polyps may be removed.

What do I need to know about my appointment?

****It is very important to follow the directions below or your appointment may be cancelled****

- Bring your health card, a mask and a list of your current medications to the hospital with you.
- You must have a friend or family member drive you to and from the hospital the day of your colonoscopy
- You will be asked to give the name and telephone number of the person driving you home from the endoscopy clinic. This is for your safety.
- Do not drive, operate hazardous machinery or drink alcohol for 24 hours after your procedure as you will be receiving medications that can make you sleepy.
- **DO NOT WEAR PURFUME, COLOGNE OR SCENTED CREAMS** as some staff and patients are highly allergic
- Leave all of your valuables (jewelry, money, etc.) at home
- Wear comfortable clothing and shoes to your appointment
- Bring a list of all the medication you are currently taking, both prescription and over the counter
- Arrive 60 minutes prior to your appointment
- You will be at the hospital for 2-2.5 hours from the time you arrive. After your procedure you will go to a recovery area where you will be monitored to ensure the sedation wears off safely.

How do I get ready for my colonoscopy?

Items to be purchased and picked up at the pharmacy:

| PICO-SALAX Bowel Prep Medication | Ducolax |
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It is important to tell your doctor about any blood thinners, iron medications or diabetic medications you are taking as your doctor may have you stop or change the dose of these prior to your colonoscopy.

For the week prior to your colonoscopy avoid eating seeds, nuts, breads with seeds or nuts on the crust, popcorn, corn, kiwi, raspberries, strawberries, tomatoes, poppy seeds and sesame seeds.

Clear fluids include water, clear broth, black tea, black coffee, apple juice, cranberry juice, Jello, popsicles, ginger ale, lemon/lime pop, Kool-Aid, Powerade and Gatorade (avoid red and blue food dyes).

If you are feeling nauseous, take anti-nausea medication (Gravol).

Follow the below directions carefully, do not follow any other set of instructions.

The day before your colonoscopy

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| Before 10:00am | You may have a light breakfast of tea and toast OR a liquid meal replacement. After this meal DO NOT eat solid food or drink milk/milk substitutes until after your colonoscopy. If you do there is a chance your procedure will be cancelled. |
| 2:00pm | Take 3 Ducolax pills with water. Do not chew or crush the pills |
| 6:00pm | <ol style="list-style-type: none"> 1. Fill a glass with 150ml (5oz.) of cold water. Empty the contents of one (1) sachet into the glass (if the solution heats up, allow it to cool before drinking). Stir the solution for 2-3 minutes until completely dissolved. The solution should be cloudy and off-white. 2. Drink the first dose of the PICO-SALAX solution (150ml) 3. Drink an ADDITIONAL 1.5 to 2 litres of various clear fluids. |

The day of your colonoscopy

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| 6 hours before your scheduled colonoscopy | <ol style="list-style-type: none"> 1. Fill a glass with 150ml (5oz.) of cold water. Empty the contents of one (1) sachet into the glass (if the solution heats up, allow it to cool before drinking). Stir the solution for 2-3 minutes until completely dissolved. The solution should be cloudy and off-white. 2. Drink the second dose of the PICO-SALAX solution (150ml) 3. Drink an ADDITIONAL 1.5 to 2 litres of various clear fluids. |
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****Depending on the time of your colonoscopy, you may have to wake up early to drink the laxative, this is important for best results****

- It is important to finish drinking the PICO-SALAX at least 4 hours prior to your procedure
- You may drink clear fluids up to 3 hours prior to your procedure
- You should take your usual medications, unless told otherwise by your doctor, the morning of your colonoscopy with a sip of water

IF YOU ARE ALSO SCHEDULED FOR A GASTROSCOPY AT THE TIME OF YOUR COLONOSCOPY, YOU MUST STOP DRINKING FLUIDS 4 HOURS PRIOR TO YOUR APPOINTMENT TIME