

Pico Salax Colonoscopy Preparation Instructions

Please arrive 1.5 hours before your procedure.

Please register at the Patient Registration Department in the Cambridge Memorial Hospital. Wing A, Level 1 (New Building). Enter the main entrance. Patient registration is on the right side of the lobby.

You must take medication to clean out your colon. You must follow your bowel preparation instructions carefully. Poor preparation will mean your colonoscopy won't happen.

These medications will make you go to the washroom a lot. Sometimes you will have to go to the washroom very suddenly. Make sure you stay close to a washroom. It can, at times, take a few hours to feel the effect. By the end of your bowel preparation, your stool (poop) should be a yellow or clear liquid.

Follow your doctor's instructions about taking oral diabetes medication or insulin on the morning of your test. Call your doctor in advance for advice.

PLEASE FOLLOW INSTRUCTIONS CAREFULLY:

[Purchase the following products from any pharmacy:](#)

1. Four Dulcolax tablets (5mg each) (**Purchase over the counter from your pharmacy**).
2. One box of Pico Salax containing **two** packets (**prescription given**).

One week before your procedure:

If you take iron medication, stop **seven days** before your colonoscopy.

Stop eating food with seeds or nuts **five days** before your colonoscopy.

Continue to take your medications as normal unless instructed otherwise.

Two days before your procedure:

Take two Dulcolax tablets before bed (between 6 PM and 10 PM).

One day before your procedure:

1. In the morning, begin a clear liquid diet which may include soup broth, black tea, black coffee, jello, popsicles, fruit juices (clear with no pulp), water, Gatorade.

ABSOLUTELY NO SOLID FOOD, NO MILK OR MILK PRODUCTS AND NO LIQUID THAT IS RED OR PURPLE IN COLOUR.

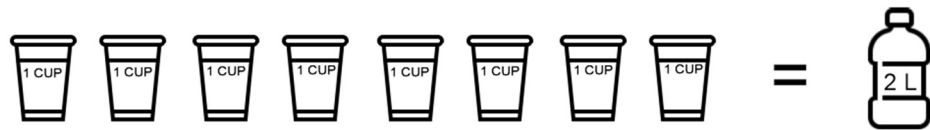
Drink as much as you can throughout the day (a minimum of 5 litres / 20 litres or clear fluids). **Do not** drink just water alone. Too much plain water can be harmful. Include other clear liquids in your diet.

2. Take two Dulcolax tablets at 3 pm.
3. Take the first packet of Pico Salax and mix with five ounces of cold water at 4:00 PM followed by as much clear liquid as possible (2 to 4 litres).
4. Take the second packet of Pico Salax and mix with five ounces of cold water at 10:00 PM followed by as much clear liquid as possible (2 to 4 liters).

Pico Salax Instructions

- Dissolve 1 packet in about 1 cup of water and drink the whole solution at once.
- It is very important to drink 8 cups (2 litres) of a variety of clear liquids over the next 2 hours.

You can use the cups below to track your fluid intake:



On the day of your procedure:

1. Continue to drink plenty of clear fluids until 2 hours before your procedure and then stop all fluids.
2. Do not wear any jewelry.
3. Do not bring a wallet, purse, or any other valuables.
- 4. Remember to bring your health card.**
5. Please arrange for someone to accompany you home. You will not be allowed to drive.
6. You will be discharged approximately one to two hours after your procedure time.

Should you have any questions please call Dr. Green's office at 519-623-1114.

*******Please be advised that we require notice of cancellation two business days (48 hours) prior to your scheduled procedure. Failure to provide notice will result in a cancellation charge of \$250. Rebooking of your procedure will not occur until your account is in good order.*******

**If you take any medications, please take
an up-to-date list with you to the hospital
on the day of your procedure.**