



SURGEON'S INSTRUCTION SHEET COLONOSCOPY PICO-SALAX BOWEL PREP

IMPORTANT INFORMATION

1. If you are on any medication containing iron, stop it 4 days prior to your colonoscopy.
2. If you are taking any Coumadin, Plavix or any other blood thinner please make us aware.
3. It is imperative that you take all of the Pico-Salax and that you drink lots of clear fluids throughout the day before your colonoscopy. Failure to do either of these may lead to cancellation of your procedure.
4. Obtain Pico-Salax from any pharmacy. **DO NOT** follow the package instructions.
5. The day before your colonoscopy, take 3 Dulcolax tablets at 8:00am.
6. The day before your colonoscopy, start a **clear fluid diet** and drink only clear fluids for the **entire** day.
7. You may have items such as consommé soup, chicken broth, clear fruit juices (no pulp), Jell-O (no green or red), tea, coffee (no milk), regular soda such as Ginger-Ale, 7-Up or Sprite.
No low caloric, sugar free liquids. (e.g. no diet soda, no diet Jell-O)
8. **Instructions for Pico-Salax:** Mix each part with 150mL of water and drink. Then drink at least 1.5 – 2 litres or more of clear fluids after each part and a variety of clear fluids over 4 hours or longer as tolerated.

IF YOUR COLONOSCOPY IS BOOKED IN THE MORNING

Scheduled Arrival Time 7:00 a.m.

Day before procedure:

1. Stop solid food for entire day before procedure.
2. Drink clear fluids only for the **entire** day. (no red or green) Take 3 Dulcolax tablets at 8:00 a.m.
3. Start the first part of the Pico-Salax at **6:00 p.m.**

Day of procedure:

1. Start the second part of the Pico-Salax at **2:00 a.m.**
2. The second dose of Pico-Salax must be completed **at least** 2 hours before arrival at the hospital.*
3. Stop drinking clear fluids at **5:00 a.m.**

IF YOUR COLONOSCOPY IS BOOKED IN THE AFTERNOON

Scheduled Arrival Time 10:00 a.m.

Day before procedure:

1. Stop solid food for entire day before procedure.
2. Drink clear fluids only for the **entire** day. (no red or green) Take 3 Dulcolax tablets at 8:00 a.m.
3. Start the first part of the Pico-Salax at **6:00 p.m.**

Day of procedure:

1. Start the second part of the Pico-Salax at **5:00 a.m.**
2. The second dose of Pico-Salax must be completed **at least** 2 hours before arrival at the hospital.*
3. Stop drinking clear fluids at **8:00 a.m.**

*** Make sure to stop drinking any fluids 2 hours before your arrival at the hospital.***

The hospital will telephone you to confirm your procedure date.

If you prefer, please call the Pre-Op Clinic at the hospital to confirm your procedure:

(807) 468-9861 ext 2459