

## Colonoscopy Pico-Salax Preparation

### Morning Appointment

#### ENDOSCOPY CLINIC APPOINTMENT

Please arrive 15 minutes before the appointment in order to complete the registration process.

The entire appointment (preparation, procedure and observation) will take approximately 3 hours.

Please arrange a drive and someone to accompany you home after the appointment. You will be given a sedative (medication that makes you drowsy) before the procedure and will be restricted from driving for the next 24 hours (next day).

#### Cancellation:

48 hours (two business days) advance notice is required if you are unable to keep your appointment. Please contact your doctor if you need to cancel the appointment.

## The Credit Valley Hospital Endoscopy Clinic Doctors

Dr. Roger Hollingworth	905-820-7877
Dr. Michael Ostro	905-828-9998
Dr. Navin Anand	905-607-9848
Dr. Krishna Menon	905-569-7789
Dr. Imran Rasul	905-607-8340
Dr. Supriya Joshi	905-569-9456
Dr. Grant Moffat	905-820-3633
Dr. Neil Woolfson	905-820-3633
Dr. Lance Tin	905-569-7976
Dr. Deepa Kumar	905-820-3633
Dr. Donald Coughlan	905-820-6233
Dr. Vitaly Bard	905-820-3633
Dr. Ayyan Niaz	905-607-6398
Dr. Andrew Burns	905-820-3633



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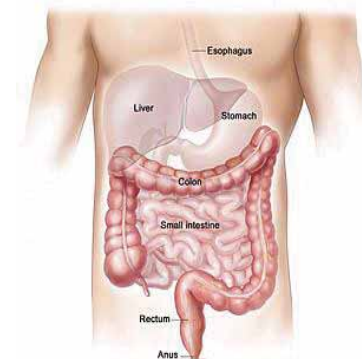
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**Endoscopy Clinic**  
**Colonoscopy**  
**Pico-Salax**  
**Preparation**  
**Morning Appointment**



# Colonoscopy Pico-Salax Preparation - Morning Appointment

## COLONOSCOPY

Your doctor has recommended that you have a medical procedure called a colonoscopy to evaluate or treat your condition. This test allows the doctor to look inside the colon. It requires a thorough cleaning of your intestinal tract. **Pico-Salax** is a preparation used to clean the colon allowing the doctor to have a clear view. The product can be purchased without a prescription at your local pharmacy.

## PREPARING FOR THE PROCEDURE

### One Week Before The Procedure:

Stop taking your iron medication unless the doctor told you otherwise. Tell your doctor about any anticoagulants (blood thinners) such as Coumadin, Plavix or Aspirin that you are taking.

### Medication Instructions:

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### Two Days Before The Procedure:

Stop taking fibre supplements (Metamucil, Prodiium). Purchase the **Pico-Salax** from your local Pharmacy.

### The Day Before The Procedure:

**Drink only clear fluids.** Stop eating food until after the procedure. Clear fluids includes: water, strained fruit juices without pulp (apple, white grape, lemonade) clear tea or coffee (no milk), clear soup, beef or chicken broth, bouillon, consommé, Jello, clear soft drinks, Gatorade, Kool-aid. Avoid red or purple coloured liquids.

### Preparing the Pico-Salax:

Empty the contents of one sachet into a mug or cup. Add 150 mL (approximately 5 ounces) of cold water and stir frequently for 2 to 3 minutes until all of the laxative is dissolved. Sometimes the reaction of mixing Pico-Salax and cold water will cause the solution to become hot. If it becomes hot, wait until it cools before drinking.

**First Dose:** Prepare and drink the first dose around 2 pm in the afternoon the day before the procedure. Drink at least 4 to 6 glasses (250 mL/8 ounces) of clear liquids over 4 hours after drinking the first dose (Drink 1-1 ½ glasses every hour for 4 hours after finishing the first dose).

**Second Dose:** Prepare and drink the second dose at 8 pm and drink at least 4 to 6 glasses (250mL or 8 ounces) of clear liquids over 4 hours. (Drink 1-1 ½ glasses every hour for 4 hours).

Your bowel should be clean (bowel movements are clear or yellow liquid) 3 to 4 hours after you finished drinking the second dose.

**Tips:** Suck on a popsicle; take Gravol for nausea 30 minutes before starting the preparation if needed (available without a prescription at your local pharmacy)

**Drinking all of the preparation is mandatory.** The procedure may need to be rescheduled if your bowel is not clean for the procedure.

### Day Of The Procedure:

**Drink only clear fluids** (no solid food) until your appointment.

**Note:** If your procedure includes a **gastroscopy STOP** drinking clear fluids at midnight the night before the procedure. (Do not drink or eat after midnight the night before the procedure).

Take your usual medications (except iron, Aspirin, Plavix, Metamucil, Prodiium) in the morning unless the doctor told you otherwise.

### Medication Instructions:

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Please bring a copy of the list of medications you are taking to your appointment.

