

## GASTROSCOPY & COLONOSCOPY

### PICO-SALAX® PREPARATION & INSTRUCTIONS

Date of Procedure: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

Procedure Time: \_\_\_\_\_

Location: Oakville Trafalgar Memorial Hospital  
3001 Hospital Gate, Oakville, ON L6M 0L8

Ambulatory Procedures Unit  
(Take Center Elevators to Level 2, then proceed to G Area)

Bring your Ontario Health Card.

#### **Cancellation**

If you fail to show up for your procedure, reschedule or cancel within 1 week (7 days) of your confirmed procedure date you will be charged a cancellation fee of \$100.00

#### **Sedation**

You will be sedated for this procedure. You will need to make arrangements for someone to accompany you. You are not allowed to drive home or to take a taxi unaccompanied.

**If you have not made arrangements to be accompanied home, your procedure will be cancelled and you will have to reschedule it for another day. There are no exceptions.**

#### **Medication**

Continue taking all of your prescribed medications, including Aspirin. **If you take any of the following non-ASA blood thinners** Coumadin/warfarin, Eliquis/apixaban, Pradaxa/dabigatran, Xarelto/rivaroxaban, Plavix/clopidogrel, Brilinta/ticagrelor, Aggrenox/dipyridamole,

Ticlid/ticlopedine, Effient/prasugrel **please notify your surgeon and they will provide instructions.**

If you have a recent history of **Congestive Heart Failure, cirrhosis, or kidney disease**, please use the Bi-Peglyte® preparation, or contact your surgeon for more information.

### **Bowel Preparation**

- 1 Box of PICO-SALAX (2 pouches)
- 3 Tablets of DULCOLAX

These can be purchased at any pharmacy. Prescriptions are not needed.

#### **3 Days before the procedure:**

No Nuts, Seeds or Whole Grain breads. Stop taking fibre supplements (Flax seeds, Metamucil®, Benefibre®, etc)

#### **1 Day before the procedure:**

You can have your breakfast – very light, no dairy and no fibre **before 8:00 am**

After your breakfast you must remain on a clear fluid diet **ONLY**.

**Clear Fluids include:** water, apple juice, white cranberry juice, white grape juice, gingerale, chicken or beef broth (or other clear broth), tea (without milk – sugar is fine), Gatorade, Jello.

Do not drink coffee, dairy products or anything coloured red or purple or blue. Try to avoid dark coloured beverages. Yellow and Green are the safest options.

At **4:30pm** take 2 tablets of DULCOLAX.

At **5:00pm** drink 1 packet of PICO-SALAX in a large glass of water (150ml). Stir until completely dissolved and drink the liquid.

**Drink a minimum of 3 litres of clear fluids over the next 3-4 hours – more is better, if possible. DO NOT DRINK WATER ALONE. You should drink some sort of a balanced electrolyte solution.**

This preparation will give you diarrhea type bowel movements as the intention is

to clear out your bowels for the exam. Try to get a good night's sleep.

**\*\*The more you drink the more effective the preparation will be\*\***

**Day of the procedure:**

**6 hours before your appointment time** - take 1 tablet of DULCOLAX and drink the second packet of PICO-SALAX in a large glass of water, following the same instructions as the first packet.

Continue to drink at least 1.5 litres of clear fluids, from the time you wake up until **4 hours before your procedure.**

**Diabetic patients:** if you want to take a meal replacement you have to take it **6 hours** prior to your procedure.

**DO NOT EAT OR DRINK ANYTHING 4 HOURS BEFORE THE PROCEDURE.**

By this point, if you have been drinking enough water, your stool will be clear and pale yellow in colour, with no solids.

**After the procedure:**

Resume your normal diet and activity.

It is not uncommon to feel gas cramps for a short while. Moving around will help expel the gas.

If, after you get home, you have severe abdominal pain (worse than when you were in the hospital) or excessive bleeding from your rectum, you should go directly to your nearest Emergency department.

You will receive post-colonoscopy instructions after your procedure is completed including preliminary findings, as well as instructions on when to schedule your follow up appointment.

Updated September 8, 2019