



Pico Salax INSTRUCTIONS FOR GASTROSCOPY/COLONOSCOPY:

DATE OF PROCEDURE: _____ ARRIVAL TIME: _____

Purchase

- A box of Pico Salax
 - 4 Tablets of Dulcolax (5mg)
- (These medications can be purchased over the counter; no prescription is required)*

READ THIS PAGE CAREFULLY

SOMEONE MUST EITHER ACCOMPANY YOU OR IS AVAILABLE TO PICK YOU UP FROM THE APPOINTMENT.

We cannot perform a procedure without confirmation that someone will accompany you after. Sedation is given to keep you comfortable during the procedure. **NO DRIVING FOR 24 HOURS** – WAIVER MUST BE SIGNED ON THE DAY OF THE PROCEEDURE

DIETARY RESTRICTIONS: 2-3 days prior to the procedure: STOP taking iron supplements and fiber supplements. AVOID foods that contain small, hard to digest foods like the following: Iron pills, nuts, seeds, berries, grapes, multigrain breads/cereals, or sweet corn

MEDICATION RESTRICTIONS: If you are on any of the following medications please book an appointment to discuss with the specialist first:

- Coumadin (Warfarin)
- Ticlopidine (Ticlid), Clopidogrel (Plavix)

ONE DAY before the procedure: No solid food for breakfast, lunch or dinner. Drink only clear fluids (for example water, white grape juice, white cranberry juice, pop like 7-up sprite or ginger ale, clear Gatorade like G2, or vegetable broth) Any fluid that you can see through that is not dark red, purple, or blue. No coffee or milk

At 2 pm: Take the 4 Dulcolax pills

At 5 pm: Mix one packet of Pico-Salax with 150 ml of cold water, stir well for 2-3 minutes. (Sometimes the mixing of pico-salax will make the water hot. If it becomes too hot, wait until it cools before you drink it) Drink the solution, then drink at least 4 more cups of any clear fluid. One cup is 8oz or 250ml. *It may be helpful to drink with a straw*

6 to 9 hours before your procedure: Drink the 2nd packet of Pico-Salax mixed with 150 ml of water, the same as you had previously done. Drink 4 more cups of clear fluid after drinking the solution.

**If you are an early riser and prefer to take the 2nd dose of preparation early the next morning, you must finish the preparation at least 3-4 hours before your scheduled appointment time.*

NOTHING BY MOUTH 3 HOURS BEFORE YOUR PROCEDURE (No water, or food)

Please note: The bowel prep will cause you to have frequent bowel movements. Kindly ensure that you have reasonable access to a washroom

Medications: Take your usual medications on the day of your test with a small sip of water.

After the procedure: you will stay in the recovery area until you are awake and ready to go home. You will be given instructions on how to care for yourself when you get home. Rest for the remainder of the day. You may have minor problems such as bloating or cramping which should go away within 24 hours.

For 24 hours after the procedure you may not drive a vehicle, ride a motorcycle, operate machinery, or drink any alcohol.