

Your day-to-day guide for your colonoscopy test using PICO-SALAX®

Patient's name:	
Your colonoscopy is on:	
Facility where you are having your colonoscopy:	<i>(Day of the week, month, date and year)</i>
Please arrive for your colonoscopy at:	
Facility telephone number:	
'Ask a Question' telephone number:	
Start to get ready 5 days before on:	
<i>(Day of the week, month, date and year)</i>	

Please prepare yourself ahead of time

Please read through all of these instructions before starting to get ready for the procedure. If you have any questions about the instructions please call the 'Ask a Question' telephone number listed above.

General points about your upcoming colonoscopy

Before your colonoscopy

Tell the doctor or nurse about any drug allergies or health issues you have.

Write down all of the medications you take. Your list should include prescriptions, over the counter medicine, such as Advil®, Aspirin®, iron supplements and herbal supplements. Be sure to include medical marijuana, strong painkillers (opioids), and tranquillizers such as Valium® and Xanax®. **Make sure your nurse or doctor sees this list.**

Tell the nurse or doctor if you have any medical devices such as hearing aids, insulin pumps, pacemakers, defibrillators, home oxygen, and sleep apnea machines.

Most medicine can be taken up to and on the day of your test. Do not take any medicine within the 2 hours before or after drinking the bowel prep solution.

Diabetic pills and or **insulin, blood thinners,** and **antithrombotics** (e.g., Coumadin®, Plavix®, Pradaxa® and Xarelto®) are examples of medicines that might need to be **adjusted or stopped**.

If you take these medicines talk to the nurse or doctor before your test. They will tell you if you need to stop or adjust any medicine before your test.

If you start a new medicine between your pre-colonoscopy visit and the date of your colonoscopy, it may make it unsafe for the test to be done. Call the 'Ask a Question' telephone number listed on the first page before the day of your test to make sure it is OK to take.

Make arrangements for getting home after the test

- You may choose whether or not you want to have sedation. Colonoscopies can be comfortable without medicine to help you relax (sedation). Some people can get cramps (pain). Many people do choose to have sedation for the procedure.
- If you do **not** want sedation, talk to your nurse or doctor on the day of your test. **Make plans to have someone drive you home** after the test, in case you end up asking for sedation so you can be more comfortable.
- If you have sedation, you may **not** drive for **at least 8 hours** after you were given sedation. Sedation might make you sleepy. A responsible adult is required to take you home after the test. **The driver will need to come into the department** where you are having your colonoscopy done to pick you up. Do **not** drive, or take a taxi or bus by yourself to get home.



It is important for you to let your driver know the following information when arranging your ride home.

The adult going home with you will need to be in the facility _____ hours after the time you were told to arrive.

OR

A staff member from the facility will call your driver after your test to let them know when you are ready to go home.

- If you don't have plans for someone to go home with you, you can either reschedule your test by calling the 'Ask a Question' telephone number listed on the first page or choose to have the test without sedation.

Preparing your bowel

The most important thing you can do for your colonoscopy to be a success is to have your bowel prepared properly. The colon must be cleaned out so that the bowel wall and any polyps or growths can be seen. If the bowel is not cleaned out, polyps or other growths might not be seen. Then the test will have to be done again.

The bowel is prepared by drinking a bowel preparation (prep) solution that is a very strong laxative. Drinking it will cause you to have loose and watery stool (diarrhea). **Be sure to drink plenty of clear fluids as well as the bowel prep solution**, so that your body doesn't lose a lot of water and become dehydrated.

If you need to travel more than 2 hours to get to the facility ask about having your appointment later in the day.



Only buy the bowel prep solution you were told to buy. **Do not** substitute or mix different laxatives. Only follow the instructions given to you by the facility, **not** the manufacturer's instructions.

No later than 5 days before your test

Buy at a pharmacy or drugstore:

- One box of PICO-SALAX® (Each box has two packets in it)
- Four-5 mg tablets of bisacodyl (e.g., Dulcolax®)
- Clear fluids such as Gatorade® or clear broth. **Do not** drink anything that is red, purple or blue. **Do not drink only water.** Read page 5 for a list of what you can drink.
- You may want to get baby wipes and or barrier cream for any soreness you get from repeated trips to the bathroom.
- PICO-SALAX® and bisacodyl do not require a prescription, but you will have to ask the pharmacist for it.



**Day-to-day detailed instructions
begin on next page**

5 days before your test

If you take iron tablets or fibre supplements (e.g., Metamucil®) **stop** taking them today.

If you need to reschedule your test, please call the 'Ask a Question' telephone number listed on the first page as soon as possible to let them know.

4 days before your test

Please start eating low-fibre foods and keep eating them until 1 day before your colonoscopy test.

Low-fibre foods that are OK to eat:

- Cooked or steamed vegetables.
- White bread, white pasta and white rice.
- Canned fruit.
- Dairy products like plain yogurt or cheese.
- Eggs.
- Chicken, beef, pork, fish, tofu, or smooth nut butters.



Do not eat

- Nuts and seeds.
- Popcorn.
- Oatmeal.
- Dried fruit.
- Raw fruits and vegetables.
- Beans, lentils, and quinoa.
- Whole wheat or high fibre bread.
- Whole wheat or whole grain cereal or pasta.

3 days before your test

- Keep eating the low-fibre diet.
- **At 8 pm** take 2 tablets of bisacodyl (e.g., Dulcolax®) with water. Do not crush or chew the tablets. **Do not** take any antacids (e.g., Pepto-Bismol®, Zantac®, Tums®) within 1 hour of taking the bisacodyl tablets.

You might not have a bowel movement after taking the tablets.

2 days before your test

- Keep eating the low-fibre diet.
- Same as the previous day: **at 8 pm** take 2 tablets of bisacodyl (e.g., Dulcolax®).

1 day before your test

Before 10 am	Eat a light breakfast such as plain toast, clear juice, tea, or coffee. Do not use milk or milk substitutes like Coffee-mate® in your tea or coffee. Do not drink milk or milk products.
After breakfast	<ul style="list-style-type: none"> • Do not eat any solid food until after your colonoscopy is completed. • Drink only clear fluids up until 2 hours before you are asked to arrive at the facility. It is important to drink clear fluids before and after you have finished the bowel prep solution so that you do not become dehydrated. If you get dehydrated you may become weak, dizzy or light headed. This could make you faint or fall. • If you can, have an adult in your home with you while you are preparing your bowel for the test.

- Please do not drink**
- Red, purple, or blue fluids
 - Milk products or substitutes such as soy, almond, or goat's milk
 - Meal replacements like Boost® or Ensure®
 - Alcohol

Clear fluids that are OK to drink

Iced tea, tea or coffee without milk or milk substitutes like Coffee-mate®	Clear pulp-free fruit juices like apple, white grape, white cranberry or lemonade	Kool-Aid® ginger ale, Sprite®, 7-Up®, water, and coconut water	Sports drinks: Gatorade®, Powerade®	Jell-O®, juice popsicles	Clear broth or bouillon
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 **Things to do “1 day before your test” continue on next page**

Continues from previous page: **1 day before your test**

Note

If your test is in the afternoon you may have a light snack such as a piece of toast or Melba toast **24 hours before** the time you were told to be at the facility. For example, if you have been told to arrive at 2 pm on Thursday you may have a light snack at 2 pm on Wednesday (the day before your test). **Do not** eat any solid food between your breakfast and this light snack. After your snack **do not** eat any solid food until your colonoscopy is done.

Throughout the day

Keep drinking clear fluids before and after drinking the solution so that you do not become dehydrated.

At 8 pm

- **Drink the first packet of PICO-SALAX®.** Empty the contents of 1 packet into a glass of 250 mL (8 ounces) of cold water. Stir 2 to 3 minutes until the powder is completely dissolved. You will drink the second packet tomorrow.
- Very rarely, the mixture may heat up after mixing with water. If it does, let it cool before you drink it. Go to page 10 for tips to make drinking the solution easier.
- Make sure you are near a toilet once you start drinking the bowel prep solution. It can start working within 1 to 4 hours. You can expect to have diarrhea or watery stools.

After taking the first packet of PICO-SALAX®

- **You must drink 2 litres (eight 250 mL glasses) of clear fluids** within 3 hours after you have finished taking the PICO-SALAX® solution. This will replace the fluids you lose after the bowel prep solution starts working. **Drink 1 glass (250 mL) every 15 to 20 minutes.**

Keep track of the fluid you are drinking after the first packet by checking off each 250 mL (8 ounces) glass after you drink it.



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2



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The day of your test

Do not eat anything

**5 hours
before the time
you were told to
be at the facility**

- **Drink the second packet of PICO-SALAX®.** Depending on the time you need to arrive for your test, you might have to get up early to do this. For example, if you were told to come at 10 am, start drinking the solution at 5 am. Same as the day before, empty contents of the second packet into a glass of 250 mL (8 ounces) of cold water. Stir 2 to 3 minutes until completely dissolved. Remember to drink it when it is cool.

Write the time you need to **start drinking** the bowel prep solution:

Today at

- You must **drink 2 litres (eight 250 mL glasses) of clear fluids within 3 hours** after drinking the PICO-SALAX® so that you don't become dehydrated.
- Keep track of the fluid you are drinking after the second packet by checking off each 250 mL glass after you drink it. Remember to **drink 1 glass every 15 to 20 minutes.**



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Check your stool

When the second packet of PICO SALAX® starts to work, your stool should be liquid. It should be yellow and clear, like urine. If it does not look like this, call the 'Ask a Question' telephone number listed on the first page as they may give you further instructions.

2 hours before the time you were told to be at the facility



Stop drinking anything 2 hours before the time you were told to be at the facility.



If you have to take any prescription medicine within the 2 hours before arriving at the facility, you can take it with a sip of water, unless you have been told something different.

Write the time you need to **stop drinking**:

Today at

Before you go to the facility

- Please bring your Alberta Healthcare Card and picture identification like a driver's license.
- Bring any medication you were told to bring with you like an inhaler or insulin.
- Leave all valuables at home like credit cards, money, and jewelry.

When you arrive for your colonoscopy

- Please be at the reception desk at the time written on the first page of these instructions.
- You should plan to be at the facility for about 2 to 3 hours. Do not make plans for the rest of the day in case your test is delayed. Your patience is appreciated as sometimes these delays are unexpected.
- A nurse will take you into another area, where you will change into a hospital gown. The nurse will review the medicine you take, any allergies you have, and check your blood pressure and pulse.
- If you have questions about your colonoscopy ask the nurse or doctor before your procedure.
- An intravenous (IV) will be started in a vein in your hand or arm.
- If you are having sedation medicine it will be given through the IV.
- The colonoscopy is done by your doctor and usually takes 20 to 45 minutes.

After the test

- The results of your colonoscopy will be reviewed with you after your test. If no polyps are found you will be told when to have your next screening test.
- If polyps are found it is important that you make an appointment with your family doctor to review the results and find out what follow up is needed.
- You will be given colonoscopy discharge instructions after your procedure.

At home

- You can go back to work the next day.
 - You can start to eat your normal diet after the colonoscopy.
 - It is not a good idea to plan air travel or long-distance travel within 2 weeks of your colonoscopy. You may not be covered by your travel insurance if you have a complication from your colonoscopy and are out of the province or country. Please check with your travel insurance provider.
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Notes about drinking PICO-SALAX®

Tips to make drinking the solution easier

The bowel prep solution may taste salty or unpleasant. It may help to:

- drink the solution using a straw placed far back in your mouth.
- suck on a light-coloured hard candy or sucker, or a menthol lozenge just before or just after you drink the solution. Do not suck on anything red, purple, or blue.
- rinse your mouth with water or mouthwash after drinking the solution, or brush your teeth.
- sip on liquids with a strong taste, like Powerade® or Gatorade® after drinking the solution. Do not drink anything red, purple or blue.

It is very important to keep drinking the bowel prep solution even if you feel sick to your stomach. If you feel sick, it may help to:

- drink the solution slowly.
- stop drinking the solution for 30 minutes to let the feeling ease and then start drinking again.
- drink ginger ale.
- take anti-nausea medicine like Gravol®. You can buy it at a drugstore, but you might have to ask the pharmacist for it. Take 25 to 50 mg every 4 to 6 hours as needed.

If you try these suggestions and you do not feel any better, call the 'Ask a Question' telephone number listed on the first page.

Severe reactions can happen, but it is rare

Call 911 if you:

- have vomiting that will not stop
- feel like fainting
- have swelling or hives (itchy red patches on your skin)
- have very bad pain in your abdomen

For 24/7 nurse advice or general health information, call **Health Link at 811**.

Summary

Read all instructions before starting to get ready for the procedure

	Eating	Drinking	Medications
5 days before your test	No restrictions	No restrictions	Stop taking iron tablets or fibre supplements like Metamucil®
4 days before your test	<p>Eat low-fibre foods:</p> <ul style="list-style-type: none"> • cooked vegetables • canned fruit • white bread, white pasta and white rice • dairy products • beef, chicken, fish, pork, eggs, tofu, or smooth nut butters <p>Do not eat:</p> <p>nuts, popcorn, seeds, oats, dried fruit, raw fruits or vegetables, beans, lentils and quinoa, whole wheat or high fibre bread, whole wheat or whole grain cereal or pasta.</p>	No restrictions	
3 days before	Same food as above	No restrictions	At 8 pm take 2 tablets of bisacodyl (e.g., Dulcolax)
2 days before	Same food as above	No restrictions	Again, at 8 pm take 2 tablets of bisacodyl
1 day before your test	<p>Before 10 am</p> <p>Eat a light breakfast such as plain toast, clear juice, tea or coffee without milk or substitutes. After breakfast do not eat any solid food until your colonoscopy is done.</p> <p>Note: If your test is in the afternoon see top note on page 6 for more information.</p>	<p>Drink lots of clear fluids (see list on page 5) before and after taking your PICO-SALAX® solution.</p> <p>Do not drink red, purple or blue fluids, milk products or substitutes, alcohol, or meal replacements like Boost®.</p>	At 8 pm drink the first packet of PICO-SALAX®, dissolved in a 250 mL glass of cold water. Drink 2 litres of clear fluids within 3 hours after drinking the PICO-SALAX®. Drink 1 glass (250 mL) every 15 to 20 minutes.
<p>The day of your test</p> <p>Please plan to have an adult take you home after the test.</p>	Do not eat anything	<p>Continue to drink only clear fluids.</p> <p>Stop drinking anything 2 hours before the time you were told to be at the facility.</p> <p>If you have to take any prescription medicine within the 2 hours before arriving at the facility, you can take it with a sip of water, unless you have been told something different.</p>	5 hours before the time you were told to be at the facility drink the second packet of PICO-SALAX® dissolved in 250 mL of cold water. Drink 2 litres of clear fluids within 3 hours after drinking the PICO-SALAX®. Drink 1 glass (250 mL) every 15 to 20 minutes.

Facilities may use this page to attach additional patient information such as maps
