

Preparing for Your Colonoscopy: PICO-SALAX[®]

Your colonoscopy is on: _____

Please be here at: _____

The test usually takes 20 to 30 minutes. You'll be here for 2 to 3 hours.

Please read through all the instructions before starting your bowel prep. If you have questions about the instructions, please call us at _____

- You will be given sedation for the procedure. **Do not drive** for at least 8 hours after you were given the sedation. A responsible adult must take you home after the procedure—you're **not allowed** to drive, or take a taxi or a bus alone.
- If you don't have a ride arranged on the day of the colonoscopy, you can either cancel your appointment or choose to not be sedated.

5 days before your test

- Stop taking iron tablets and fibre supplements (e.g., Metamucil[®]) **5 days before** the test.

4 days before your test

Start the low-fibre diet

Low-fibre foods include:

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|-----------|--------------------------------|---------------|
| • beef | • cooked or steamed vegetables | • white bread |
| • chicken | • canned fruit | • white pasta |
| • fish | • dairy products | • white rice |
| • pork | • eggs | |

Don't eat:

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|--------------------|---|
| • nuts | • raw fruits and vegetables |
| • popcorn | • whole wheat or high fibre bread |
| • foods with seeds | • whole wheat or whole grain cereal or pasta |
| • oatmeal | • fibre supplements (e.g., Metamucil [®]) |

No later than 3 days before the test

Buy at a pharmacy:

- One box of PICO-SALAX[®]. Each box has 2 packets in it.
- Four–5 mg tablets of bisacodyl (e.g., Dulcolax[®])
- Clear fluids of your choice that contain electrolytes, such as sport drinks or soup broth.
Do not only drink water.
- Baby wipes (if you wish) for irritation caused by repeated bathroom trips.

Clear fluids that are okay (No red drinks. Orange is okay.)

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| <ul style="list-style-type: none"> • Sports Drinks – Gatorade[®]/PowerAde[®] • Clear pulp-free fruit juices - apple, white grape, white cranberry, lemonade • Clear soups – broth/bouillon • Water • Kool-Aid[®] | <ul style="list-style-type: none"> • Iced tea • Juice popsicles • Jell-O[®] • Ginger ale, 7-Up[®], Sprite[®] • Tea/coffee without milk products or substitutes |
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3 days before your test:

1. Keep eating the low fibre diet.
2. At **8 p.m.** take **2 bisacodyl** tablets. You may not have a bowel movement after taking the tablets. Because the tablets work with the bowel prep solution to get the best results, make sure you take the tablets as directed.

2 days before your test:

1. Keep eating the low fibre diet.
2. At **8 p.m.** take the last **2 bisacodyl** tablets. You may not have a bowel movement after taking the tablets.

1 day before your test:

1. Eat a light breakfast before **10 a.m.** (e.g., toast, tea, coffee, juice).
2. After **10 a.m.**, drink only clear fluids. You must not eat anything or drink milk or milk products until after your colonoscopy.
3. **It's important to stay hydrated** before and after you're finished the bowel prep solution so that you don't become dehydrated.

If you get dehydrated you may become weak, dizzy and/or light-headed, faint, or fall. If possible, have a responsible adult nearby while you're doing the bowel prep.

4. **Between 4 p.m. and 8 p.m. drink the first packet of PICO-SALAX.** Empty contents of one packet into a glass of **250 mL (8 ounces) of cold water.** Stir 2 to 3 minutes until completely dissolved. Very rarely, the mixture may heat up after mixing with water. If it does, let it cool before you drink it.
5. Make sure you're 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.
6. **You must drink up to 2 litres of clear fluids** after you are finished the bowel prep solution so that you don't become dehydrated.

Keep track of the fluid you're drinking after the first packet by checking off each 250 mL cup after you drink it



The day of your test:

1. **Starting 4 to 6 hours before the time you're told to be at the facility, drink the second packet of PICO-SALAX.** This may mean you have to wake during the night to drink the second packet, depending on your appointment time. 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. Very rarely, the mixture may heat up after mixing with water. If it does, let it cool before you drink it.
2. **You must drink 2 litres of clear fluids** after you're finished the bowel prep solution so that you don't become dehydrated.

Continue to keep track of the fluid you're drinking after the second packet by checking off each 250 mL cup after you drink it



3. **Stop drinking all clear fluids 2 hours before your test.** For example, if your test is at 10 a.m. you can have clear fluids up until 8 a.m.
4. If you have to take medicine within 2 hours of the test, you can take it with a small amount of water.

Please arrange to have an adult in the waiting room to drive you home **1½ hours** after the time you were told to arrive.