

Colonoscopy Preparation

Purchase one PICO-SALAX® bowel preparation kit from your local pharmacy. It's available over the counter. You do not need a prescription. Please call our office at 416-321-3883 at least three (3) days before your procedure to confirm your appointment time. **Please inform us on arrival if you were unable to take the full prep or if your bowels are not cleaned out.**

REMEMBER YOU MUST HAVE A RESPONSIBLE ADULT WITH YOU TO DRIVE YOU HOME OR ACCOMPANY YOU IN A TAXI AFTER THE PROCEDURE. IF YOU DO NOT, YOUR PROCEDURE WILL BE CANCELLED. THEY MUST COME IN TO THE CLINIC TO GET YOU.

Dietary Restrictions:

- Three (3) days before your procedure: **STOP** eating any foods containing **nuts or seeds as** they can damage the scopes.
- The day before the procedure: **DO NOT eat any solid foods the day before your exam. Drink clear fluids only.** Drink at least one glass of clear liquids every hour on the day of the preparation. Examples of clear liquids include water, jello without cream or fruit, apple juice, white grape juice, white cranberry juice, Gatorade® or Powerade®, Gastrolyte®, soda water, clear soup, tea and coffee (sugar is allowed but NO cream OR milk). **NO RED or PURPLE DRINKS.**
- **DO NOT EAT OR DRINK ANYTHING WITHIN THREE (3) HOURS OF YOUR PROCEDURE**

Medication:

- **STOP Aspirin (ASA 81mg, Entrophen, ASA) and Iron tablets one (1) week before your procedure**
- **STOP Coumadin five (5) days before the procedure**
- **STOP Ticlopidine (Ticlid), Clopidogrel (Plavix), or Aggrenox three (3) days prior to procedure**

Information for Diabetics:

- **On the day of the bowel preparation:** Take **ONE-HALF (1/2)** of the usual dose of oral **hypoglycemic** medications. If you use Insulin, take **ONE-HALF (1/2)** of the usual dose of **insulin.**
- **ON THE DAY OF THE PROCEDURE, do not take your morning diabetic medications until after the colonoscopy.**

Patients with appointments AT OR BEFORE 12 NOON:

- Take the first packet at 5:00 PM on the day before your test
- Take the second packet at 9:00 PM on the day before your test

Patients with appointments AT OR AFTER 12:30PM:

- Take the first packet at 8:00 PM on the day before your test
- Take the second packet at 6:00 am on the day of your test

How to Prepare and Take PICO-SALAX®:

- Empty the contents of the packet into a mug or coffee cup.
- Add 150mL (5 oz) of cold water.
- Stir constantly for 2 to 3 minutes until all of the laxative is dissolved. If the mixture heats up, let it cool before you drink it. Continue to stir while it cools.
- Drink 4 to 6 large glasses (250mL /8 oz.) of water or other clear liquids over 3 hours following each sachet.
- Continue to drink 1 glass (250mL) every hour while the medicine is working and you are having loose bowel motions to prevent dehydration.
- **Your bowels are cleaned out when you are passing clear liquid stool.**

If you have any questions, please contact the clinic at 416-321-3883 or speak to your family doctor.

PLEASE NOTE THAT THERE IS A CANCELLATION FEE OF \$100 IF YOU CANCEL LESS THAN 3 BUSINESS DAYS BEFORE THE PROCEDURE WITHOUT A MEDICAL NOTE.