

BOWEL PREPARATION FOR COLONOSCOPY

Pico-Salax PREP

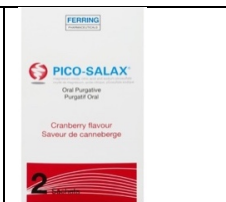
PLEASE ENSURE YOU HAVE READ THROUGH THE ENTIRE DOCUMENT REGARDING COLONOSCOPY (SEPARATE DOCUMENT) THAT PERTAINS TO APPOINTMENT TIME, PROCEDURE DATE, LOCATION, INSTRUCTIONS FOR MEDICATIONS, ETC.

IF YOU HAVE KNOWN HEART FAILURE OR KIDNEY ISSUES THEN YOU SHOULD NOT TAKE PICO-SALAX AND YOU SHOULD CONTACT OUR OFFICE TO DISCUSS AN ALTERNATIVE.

STEP 1:

PURCHASE AT ANY PHARMACY:

- Pico-Salax BOWEL PREP
- Package include 2 Sachets



STEP 2:

- Day Before Procedure:
 - You must have only clear fluids for the entire day and evening.
 - **NO DAIRY, NO SOLID FOOD, NO ALCOHOL.**
 - You may have clear broth, apple juices, carbonated clear beverages, popsicles, Jell-O, coffee or tea, sports drinks (Powerade, Gatorade, etc.)
 - **YOU MUST AVOID ANY RED, PURPLE, OR ORANGE DRINKS AS THESE COLOURS CAN INTEREFERE WITH THE PROCEDURE.**

STEP 3:

- Day Before Procedure:
 - Prepare the 1st sachet of Pico-Salax. Empty the contents of one sachet into a mug or coffee cup. Add 150 ml (approx. 5 oz.) of cold water and stir until dissolved. The solution may become hot due to the reaction of the mixing. Wait until it cools to drink.
 - **At 7PM** - Drink the Pico-Salax solution (sachet 1). Over the next 2-3 hours, drink 1.5 liters of Gatorade/Powerade or other clear fluids. It is very important to drink **plenty of fluids**. Sports drinks are the preferred fluid as it provides rehydration, electrolytes and optimizes the preparation.

STEP 4:

- Morning of Procedure:
 - **5 hours before scheduled arrival time** - Repeat steps above to prepare another Pico-Salax solution using the second sachet. Drink the Pico-Salax solution (sachet 2). Over the next 2-3 hours, it is very important to drink 1.5 liters of Gatorade/Powerade or other clear fluids.
 - **DO NOT DRINK ANYTHING ELSE ASIDES FROM CLEAR FLUIDS.**
 - You should take your morning medications with sips of water. See other document for instructions on which medications to take.

DO NOT DRINK ANYTHING AT ALL FOR 2 HOURS PRIOR TO YOUR ARRIVAL.

PLEASE DO YOUR BEST TO ARRIVE AT YOUR APPOINTMENT ON TIME.