



PICO-SALAX Colonoscopy Preparation Instructions

<p>Your consultation is schedule for:</p> <p>Date: at</p> <p>With:</p>	<p>Your Colonoscopy is scheduled for:</p> <p>Date: Arrival time:</p> <p>Location:</p>
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You need to take medication to clean out your colon. You must follow your bowel preparation instructions carefully. Poor preparation will mean your colonoscopy won't happen.

These medications will make you go to the washroom a lot. Sometimes you will have to go to the washroom very suddenly, so make sure you stay close to a washroom. It can sometimes take a few hours to feel the effect. By the end of your bowel preparation, your stool (poop) should be a yellow or clear liquid.

Purchase 1 box PICO SALAX and four Dulcolax tablets (5mg) at your pharmacy without a prescription, no substitutions. Stop eating food with seeds or nuts 5 days before your colonoscopy. If you take Iron medication, stop 7 days before your colonoscopy.

Someone must drive you home after your colonoscopy.

If you do not have someone to drive you home, you may have your colonoscopy rescheduled. You can't use public transportation it must be an adult family or friend, no bus or taxi.

Examples of clear liquids. Do not have any red or purple liquids.

- Sports drinks • Clear juice- no pulp • Soup broth • Tea or coffee- no dairy • Jell-O & Popsicles
- e.g., Gatorade e.g., apple juice e.g., chicken, beef

Do not drink just water alone too much plain water can be harmful, include other clear liquids in your diet.

(two days before colonoscopy)
<p>1. Take 2 tablets of bisacodyl (Dulcolax 5mg) at bedtime, between 6:00-10:00pm</p>
(day before colonoscopy)
<p>2. In the morning start your clear liquid diet, no solid foods all day.</p> <p>3. Take 2 more tablets of bisacodyl (Dulcolax 5mg) at 5:00pm.</p> <p>4. Take your first dose of PICO-SALAX starting at 6:00pm. Dissolve 1 package in about 1 cup water and drink the whole solution at once. It is very important to drink 8 cups (2 litres) of a variety of clear liquids over the next 2 hours. You can use the cups below to track your fluid intake.</p>
(day of colonoscopy)
<p>5. Take your second dose of PICO-SALAX starting at . Dissolve 1 package in about 1 cup water and drink the whole solution at once. It is very important to drink 8 cups (2 litres) of a variety of clear liquids over the next 2 hours. Stop having all clear liquids including water 2 hours before your colonoscopy time. You can use the cups below to track your fluid intake.</p>