

MORNING COLONOSCOPY – PICO SALAX

You have been booked for a colonoscopy appointment for _____

Report to the ENDOSCOPY UNIT (6th floor) 1 hour prior TO CHECK IN.

TWO WEEKS PRIOR – CONFIRM your appointment

- You should receive an appointment reminder about 2 weeks prior. If you need to cancel and reschedule,

Medications: Notify _____ you are on these meds when booking the endoscopy:

- Aspirin**
- Blood thinners** _____
- Insulin or pills for diabetes** _____

ONE WEEK PRIOR – PREPARE for colonoscopy

- If you need to cancel your appointment, please call the office **at least 7 days in advance**
- Arrange for a responsible adult to take you home after your procedure.
- Eat no seeds, grapes, corn, peas, tomatoes or cucumbers for 3 days prior to the test.
- Stop any Iron containing supplements for 3 days prior to the test

2 DAYS BEFORE

- 8:00pm: take 2 x Bisacodyl (Dulculax) tablets with water**

THE DAY BEFORE – take the preparation

- NO SOLID FOOD IS ALLOWED** but you should drink lots of clear liquids. (Clear broth, Jell-O, tea or coffee (black only), soft drinks, clear fruit juice, Powerade, Gatorade.)
- FOLLOW** the appropriate preparation instructions (see next page)
- PROPER PREPARATION IS EXTREMELY IMPORTANT FOR THIS TEST.**
 - IF YOUR STOOLS are NOT CLEAR** like apple juice then the prep has not finished

PICO SALAX INSTRUCTIONS FOR MORNING COLONOSCOPY

PICO SALAX

4:00pm the day before

- mix 1 sachet with 150 mL of cold water – DRINK QUICKLY

- 4:00pm drink 2 x 250mL glasses of clear fluid

- 5:00pm drink 2 x 250mL glasses of clear fluid

- 6:00pm drink 2 x 250mL glasses of clear fluid

- 7:00pm drink 2 x 250mL glasses of clear fluid



8:00pm the night before

- mix 1 sachet with 150 mL of cold water – DRINK QUICKLY

- 8:00pm drink 2 x 250mL glasses of clear fluid

- 9:00pm drink 2 x 250mL glasses of clear fluid

- 10:00pm drink 2 x 250mL glasses of clear fluid

- 11:00pm drink 2 x 250mL glasses of clear fluid



- NOTHING to eat or drink after midnight.

DAY OF THE COLONOSCOPY PROCEDURE

- On the day of the examination, have nothing to eat or drink for at least 4 hours prior to the colonoscopy. You may take your regular medications with sips of water.
- If you are having sedation for the procedure**
 - **ensure you have a responsible adult to pick you up**
 - **if you do not, your procedure may be cancelled or done without sedation.**
- Check List for What to Bring**
 - Health Card
 - Photo Identification
 - Bring all your medications (including insulin) with you or a Medication List.
 - Bring a garment bag with you for your clothing.
 - Do NOT bring valuables, jewelry, or large sums of money.

AFTER THE COLONOSCOPY PROCEDURE

- During the procedure, you will be given a mild sedative by the intravenous route.
 - The total recovery time required in the hospital following the procedure is about 1 to 2 hours.
- Aside from drowsiness, you should feel normal when you leave the hospital.
 - However, you should not drive or operate any heavy machinery until the following day.
 - You should be able to resume eating light meals later in the day and return to normal activities the next day.
- Should you develop abdominal pain or unusual bleeding from the rectum
 - please **call** **office at 416-586-4800 ext** .
- If the symptoms are severe and you cannot get through to the doctor's office
 - please go to the closest emergency department.
- Biopsies take 10 to 14 days for results.
 - If you do not hear from us, and wish to have results, please contact us at and we will provide them.