

### Colonoscopy Pico Salax Preparation Afternoon Appointment

#### What is a colonoscopy?

Colonoscopy is a procedure that allows a doctor to see inside your colon for any abnormalities. A colonoscope is a long flexible tube with a light at the end that is connected to a video monitor. You will also be given a medication that will relax you and may make you sleepy. The tube will then be passed through your colon where your doctor will look at the lining of your colon and rectum. Samples of tissue may be taken and/ or polyps may be removed.

#### What do I need to know about my appointment?

**\*\*It is very important to follow the directions below or your appointment may be cancelled\*\***

- You must have a friend or family member drive you to and from the clinic the day of your colonoscopy. The person driving you home must pick you up from the endoscopy clinic.
  - You will be asked to give the name and telephone number of the person driving you home from the endoscopy clinic. This is for your safety.
  - Do not drive, operate hazardous machinery or drink alcohol for 24 hours after as you will be receiving medications that can make you sleepy.
- Bring your health card and an identification card with your photo on it, like a driver's license.
- **Do not wear perfume, cologne, or scented creams as some staff and patients are highly allergic.**
- Leave all of your valuables, such as jewellery or money at home.
- Wear comfortable clothing and shoes to your appointment.
- Bring a list of all medications you are taking. These include prescription medications and over the counter medications.
- Come 30 minutes before your appointment.
  - If you must cancel your appointment, you need to call your doctor 72 hours before your appointment.

#### How do I get ready for my colonoscopy?

It is important to tell your doctor about any blood thinners, iron medications and diabetic medications that you are taking before your procedure. **You may need to stop taking some of your medications. Your doctor will tell you when you should stop taking certain medications.**

#### One week before your test:

Stop eating corn, popcorn, nuts or seeds, including kiwi, raspberries, strawberries, tomatoes, poppy seeds, flax seeds and sesame seeds or taking fibre supplements such as Metamucil®.

Stop taking your iron medications and aspirin one week prior to your test.

#### The Day before your test:

**Only drink clear fluids do not eat any solid food.** Clear fluids include water, clear broth, clear tea and black coffee, apple juice, white grape juice, white cranberry juice, Gatorade®, Powerade®, Kool-Aid®, ginger ale, 7-Up®, Sprite®, flavoured waters, popsicles and Jell-O. Do not drink red, purple or blue coloured fluids, milk, cream or milk substitutes.

At **2:00 pm**, take the 2 Dulcolax or Bisacodyl pills with water. Do not chew or crush the tablets. You will likely have a first bowel movement 1 to 6 hours after taking the pills.

#### How to prepare the Pico-Salax:

Empty the contents of one packet into a mug or cup. Add 150mL or 5 ounces of cold water and stir, for about 2 – 3 minutes, until all the powder is dissolved. Sometimes mixing PicoSalax and cold water will cause the solution to become hot. If it becomes hot, wait until it cools before drinking.

1. At **6 pm** make one cup of PicoSalax – follow instructions as above. After you drink the PicoSalax drink 2 to 4 glasses of clear fluids every hour, for a total of 1.5 L to 2 L.
2. The more fluid you drink, the better this prep will work.
3. If you feel nauseated, you may take Gravol®. It is available without a prescription, or you can try sucking on a popsicle or licking a lemon or lime wedge.  
\*You will have many watery bowel movements and some cramping.\*

**The Day of your test:**

1. At **7 am** make the second package of PicoSalax – follow instructions as above. After you drink the PicoSalax, drink 2 to 4 glasses of clear fluids for a total of 1.5 to 2 L.
2. Take your usual medications with a sip of water, especially your blood pressure and cardiac medications, except the ones your doctor told you not to take.
3. Only drink clear fluids **do not eat any solid food.**
4. Stop drinking all fluids 2 hours before your test. This includes no smoking, no candy or chewing gum.

**If you are having a gastroscopy in addition to your colonoscopy, stop drinking 4 hours before your appointment time.**