

COLONOSCOPY INSTRUCTIONS WITH PICO-SALAX PREPARATION

PLEASE REPORT DIRECTLY TO THE 3RD FLOOR ENDOSCOPY UNIT AT THE THUNDER BAY REGIONAL HEALTH SCIENCES CENTRE AT THE TIME INDICATED BELOW.

DATE: _____ TIME: _____

GENERAL INSTRUCTIONS:

- Bring your health card. Do not wear jewelry of any kind to your appointment. Do not bring a significant amount of money, valuables, etc.
- You will be asked to sign a consent form prior to your procedure to indicate your permission for the doctor to do the colonoscopy.
- **You must arrange for someone to drive you to and from the hospital** on the day of your colonoscopy. You cannot drive and you should not take public transport. A companion should accompany you.

DO YOU HAVE DIABETES?

- If you take pills (oral hypoglycemic agents) to control your blood sugar, **DO NOT take these the morning of the colonoscopy.** You can take them after your colonoscopy with your first meal.
- If you take intermediate or long acting insulin at night or in the morning, take only ½ (half) the number of units you normally would take.
- **Do not take immediate or short-acting insulin on the morning of your colonoscopy.** You can take them after your colonoscopy with your first meal.

It is very important that you read these instructions carefully. Your colon must be very clear of any stool or food waste so the colon walls can be seen clearly by the doctor. You will need to take a special preparation to clean out your colon.

BOWEL PREPERATION INSTRUCTIONS:

To prepare for a colonoscopy you must follow a clear fluid diet and purchase

1. Two Packets of Pico Salax
2. Four 5mg Bisacodyl (Dulcolax) tablets.

Bring this sheet with you to the pharmacy and ask your pharmacist for assistance to find these preparations. They generally cost \$30.00 if not covered by your drug plan.

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Preparing the PICO-SALAX:

- Mix up solution 1 hour before you drink it. Put 1 sachet into 1 glass of cold water. Stir until dissolved, about 2-3 minutes.

PICO-SALAX kit will include:

- 2 sachets of PICO-SALAX powder.
- Four 5mg tablets of Bisacodyl (Dulcolax) tablets.

7 days before the procedure	<ul style="list-style-type: none"> • Do NOT eat any foods that have: <i>small grains, seeds or nuts (ie. kiwi, strawberries, tomatoes, poppy/flux/sesame seeds, popcorn, sunflower seeds)</i>. <i>Small seeds can block the colonoscope.</i> • Regular cereal, whole wheat bread and smooth peanut butter can still be eaten. • Do NOT take any herbal supplements, iron pills or vitamins. • Remember that blood thinners and anti-inflammatory medications may need to be stopped prior to your procedure, speak with your surgeon for further instructions. • Continue taking your usual medication (unless otherwise specified) in your usual routine.
2 days before the procedure	<ul style="list-style-type: none"> • No milk, vegetables, or fruit after 12:00 noon . • At 6:00 pm take two 5mg Bisacodyl (Dulcolax) tablets.
1 day before the procedure	<ul style="list-style-type: none"> • Do NOT eat solid foods on this day. • At 9:00 am take two 5mg Bisacodyl (Dulcolax) tablets. • Clear fluids only starting in the morning. This is very important or your colon will not be properly cleaned out and may require a second scope at a later date. Clear fluids include: <i>water, fruit juice (no red or purpled juices), tea or coffee (without milk or cream), Gatorade, Jello, soup broth.</i> • Begin the PICO-SALAX <ul style="list-style-type: none"> • At 4:00 pm drink 1 sachet of PICO-SALAX- Make sure you drink about 6 glasses of water or other clear fluids within 1-2 hours after drinking the mixture. • Between 9:00 pm and 11:00 pm drink the remaining sachet of the PICO-SALAX- drink another 6 glasses of water within 1-2 hours. • Do NOT have anything to eat or three hours before procedure.

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AFTER YOUR PROCEDURE:

You will receive medication during your colonoscopy to make you drowsy. When discharged from the hospital the sedation will be partially worn off. However, the sedation will continue to have an effect on you for 24 hours.

It is important that you:

- Have someone take you home and stay with you overnight.
- Know that you may feel dizzy for several hours.
- DO NOT smoke for several hours.
- DO NOT drink any alcohol or take any additional sedatives.
- DO NOT drive, ride on a motorcycle or bicycle, operate machinery, or make legally-binding decisions. You are considered 'legally impaired'.

**IF YOU ARE UNABLE TO ATTEND YOUR APPOINTMENT OR NEED TO
RESCHEDULE, PLEASE CONTACT YOUR SURGEON'S OFFICE WITH A MINIMUM
OF 1 WEEKS NOTICE OR A FEE MAY APPLY**