

## COLONOSCOPY PREPARATION INSTRUCTIONS - PICO SALAX

**Procedure Date and Time:** \_\_\_\_\_

1 week before your appointment, we will attempt to send reminders via email or phone (if need be). For more information on Colonoscopies and what to expect on the day of your appointment, please visit our webpage on Colonoscopy:

<https://www.torontogiclinic.com/services/colonoscopy/>

### FIRST PURCHASE THESE FROM YOUR LOCAL PHARMACY:

- 1 box (contains 2 sachets) of PICO SALAX (over the counter at your pharmacy)
- 4 Dulcolax tablets
- Gravol (if you need for nausea/vomiting)

### PLEASE ARRANGE A RIDE HOME

Patients who opt to receive sedation during their procedures are required to have a responsible adult accompany them home (whether by car, TTC, or by foot). Until the next day, please do not drive a car, operate machinery, drink alcohol, go back to work, or make any legal or financial decisions.

### CANCELLATION POLICY

If you need to cancel, please let us know **5 business days** before your appointment. Cancellations beyond this point will incur a **\$200 cancellation fee**. The below situations are also considered cancellations:

- Not following the preparation instructions properly, causing your procedure to be canceled.
- Not being able to provide a valid health card number or payment method during check in and thus having your procedure canceled. We can accept deposits and will refund them after your health card is validated and we have received payment from OHIP in this case.

### ADDITIONAL CONSIDERATIONS

- Remove all nail polish and jewelry when you go to your procedure
- Bring your OHIP card, or if being renewed, a document with the new version code
- Be prepared to spend a total of 1.5 - 2 hours at our clinic.

### STOP THESE MEDICATIONS:

- **Anything containing acetylsalicylic acid (ASA, Aspirin, Asaphen, Ibuprofen, Advil, Motrin, etc):** Stop taking them 5 days before your procedure.
- **Iron supplements, vitamins, and naturopathic agents (such as Gingko):** Stop taking them 5 days before your procedure.
- **Plavix, Ticlid, Coumadin, or other blood thinners:** Stop taking them 5 days before your procedure. **Eliquis: 3 days before** your procedure.
- **Diabetes:**
  1. Ask for our **Diabetic Medications and Insulin During Prep** document. You can also download it from our website under Resources -> Forms -> Clinic Forms.

2. **Monitor your sugar level** and use regular insulin if your level rises substantially. If your sugar level drops, drink some no pulp orange or apple juice.
3. If you have any doubts, please contact your family doctor.

#### STOP ANY HARD TO DIGEST FOODS:

- **High fiber bread or cereal (whole grain bread, brown rice, quinoa):** 3 days before your procedure
- **Any seeds:** 7 days before your procedure. You may eat vegetables and fruits, as long as you remove all the seeds

#### THE DAY BEFORE YOUR PROCEDURE

- **Before 10:00 AM:** You can eat a light breakfast such as eggs, white bread toast, coffee with cream and yogurt. Finish by 10:00 AM.
- **After 10:00 AM:** No solid food after this, clear liquids only. Make sure to drink plenty of fluids throughout the day.
  - **Can drink:** Water, clear broth (chicken), clear fruit juice (apple, white grape, white cranberry), clear soda (ginger ale, sprite), yellow/white gatorade diluted half with water. Diabetics can drink sugarless drinks such as Gatorade Zero.
  - **Do not drink:** Any juice with PULP, red/purple/blue/green Gatorade, dairy products, coconut water.
- **4:00 PM:** Take 2 Dulcolax tablets.
- **6:00 PM:** Mix 1 sachet of Picosalax (sachet #1) with a glass of water and drink it. Afterwards, drink 3 bottles of 591 mL or 710 mL gatorade (yellow or white). Drink as much gatorade as you are comfortable with drinking, take a 15 minute break, and repeat until you finish all 3 bottles. Try to keep drinking more clear fluids after this. You may take a Gravol if you feel nauseated.
- **8:00 PM:** Take 2 Dulcolax tablets.

#### DAY OF PROCEDURE

- **5 hours prior to procedure:** Mix 1 sachet of Picosalax (sachet #2) with a glass of water and drink it. Afterwards, drink 3 bottles of 591 mL or 710 mL gatorade (yellow or white). Drink as much gatorade as you are comfortable with drinking, take a 15 minute break, and repeat until you finish all 3 bottles. Try to keep drinking more clear fluids after this. You may take a Gravol if you feel nauseated.
  - If you take any morning medications, you can take them after you finish your gatorade. Take them with some water.
- **3 hours prior to procedure: Nothing by mouth after this point.**
- You may apply Vaseline or zinc oxide to the perianal area if it is getting irritated.
- Arrive at the clinic 15 minutes before your appointment time. You will shortly be escorted by the nurse to be prepared for the procedure.

#### AFTER THE PROCEDURE

- When the colonoscopy is finished, you will be transferred to our recovery room, where our nurses will carefully monitor your status as you relax and recover from the procedure.
- After a short period of recovery, your doctor or nurse will give a brief summary of your procedure, give you some post procedure instructions, and then discharge you.