

COLONOSCOPY PREPARATION

Before your procedure you will need to prepare or “clean” your bowel:

- You will need to buy 2 boxes (4 sachets) of PICO-SALAX at the drug store
- You will need to follow the instructions on this page; DO NOT use the instructions included with the PICO-SALAX
- You will only be required to use 3 sachets for your preparation

On the day before your procedure drink ONLY CLEAR FLUIDS such as:

- water, juice, JELL-O, tea/coffee (no milk)
- NO SOLID FOOD!

If your procedure is in the morning, take one sachet of PICO-SALAX at 12 pm, 4 pm, and 8 pm on the day before the procedure.

If your procedure is in the afternoon, take one sachet of PICO-SALAX at 4 pm and 8 pm on the day before your procedure and one sachet at 7 am on the day of your procedure.

To prepare each sachet, mix the contents with 150 mL (5 oz) of cold water and stir constantly for 2-3 minutes:

- If the mixture heats up while stirring, let it cool before you drink it
- Drink at least 3 large glasses of Gatorade®, gingerale or water in the hour after taking each sachet
- Continue to drink lots of fluids between sachets

Nothing to eat or drink for 4 hours before your procedure.

PLEASE NOTE:

- You may take your regular medications as usual on the day before and the day of your procedure with sips of water. Blood thinners such as Coumadin, Plavix and Aspirin must be stopped for 5 days before your procedure. If you take these medications, please consult your family doctor or your OCC surgeon.
- You will be sedated for the procedure and will not be able to drive for 12 hours. You MUST arrange for a responsible adult to get you home.
- Your surgeons' fee is covered by OHIP. You must bring a valid OHIP card on the day of your procedure.

**Free parking is available.