

Preparation Instructions

How to Prepare For Your Colonoscopy - Pico Salax

In order for the doctor to be able to examine you properly, it is very important that the intestines be very clean. Please follow the following instructions.

Diet

Avoid food with nuts and seeds for 3 days before the examination. If you have a **morning appointment**, on the day before the test, you can only have clear fluids (fluids you can see through). Allowed foods include broth (vegetable, chicken, or beef), Jell-O (avoid the colour red), apple juice, Sprite or ginger ale, and tea or coffee without milk. On the morning of your test, you can take your medications and drink clear fluids up to 2 hours before your procedure.

If you have an **afternoon appointment**, on the day before the test, you are allowed to have white toast with coffee, tea or apple juice for breakfast. For the rest of the day you can only have clear fluids listed above.

Medications

If you are on **Aspirin**, Plavix, Ticlid or Aggrenox, these need to be stopped for **one week prior to the test**. If you have **diabetes**, **do not** take your pills the day of your procedure. Stop all **iron tablets** for **one week prior to the test**.

Laxative

You will need to take the following cleansing preparation. Please follow the instructions carefully. If you **tend to be constipated**, take dulcolax 20mg (four 5mg tablets) at noon the day before the test.

Your preparation will consist of drinking two sachets of PICO SALAX each mixed with one glass of water.

- **IF YOUR TEST IS IN THE MORNING (before 12pm)**, take the first dose of PICO SALAX at 1pm on the day before the test and the second dose at 9pm on the day before the test.
- **IF YOUR TEST IS IN THE AFTERNOON (after 12 noon)**, take the first dose at 7pm on the day before the test and the second dose at 7am on the day of the test.

PICO SALAX can be found at any major pharmacy and can be bought over the counter. If you need a prescription for insurance purposes, then you may pick up a prescription from our office at any time before your test.

It is very important to drink **plenty of fluids** during your preparation. **Gatorade** is the preferred fluid because it provides rehydration and electrolytes, and it also optimizes the preparation.

You can not take PICO SALAX if you have kidney or heart disease.

The Day of The Test

You will be advised of the location and timing of your examination. You cannot drive afterwards, **so you will need someone to drive you home.**

Cancellations with **less than 3 days** notice will be subject to a **cancellation fee**.

COLONOSCOPY

Date of Procedure: _____

Admission Time: _____

Procedure Time: _____

PATIENT INFORMATION

SCOPE CLINIC

470 Chrysler Drive Unit 12
Brampton, ON L6S 0C1
(905) 790-9030
scopeclinic@gmail.com