



Colonoscopy Instructions Using Pico-Salax - PM

Name of Patient: _____

Your colonoscopy has been scheduled for _____ at Advance Endoscopy & Specialist Center located at

- Suite 303, 2227 South Millway, Mississauga ON. L6L 3R6
- Suite 205, 688 Coxwell Avenue, Toronto, ON. M4C 3B7

****Please note that we require a 3 business day notice in order to cancel or reschedule an appointment. A \$100 fee will be applied for last minute cancellations and NO SHOWS.****

THE WEEK BEFORE YOUR PROCEDURE:

- If you are taking Plavix, Novasen, Ticlid, etc), you should stop that one week prior to the procedure. PLEASE CONSULT YOUR FAMILY PHYSICIAN BEFORE STOPPING ANY MEDICATIONS. If you are taking other blood thinners, i.e. warfarin, Coumadin, and have not been advised about stopping this medication prior to the procedure, please call our office for instructions.
- You should avoid nuts and food products containing seeds for 5 days prior to your procedure.
- Please purchase **PICO-SALAX** (1 box) plus **DULCOLAX** tablets (4 tabs)

ON THE DAY BEFORE YOUR PROCEDURE:

You may have a light breakfast and then remain on a CLEAR FLUID until your procedure is finished. **NO SOLID FOOD AT ALL.** You may drink water, apple juice, white cranberry juice, Gatorade (not red or blue) and ginger ale. Clear broth soups can also be consumed. **Be sure to drink plenty of liquids throughout the day!**

6:00 pm. Take 2 Dulcolax tablets and drink the 1st sachet of **PICO-SALAX** mixed with water (Ignore meal instructions with package). Follow this with at least 6-8 glasses of clear fluids within the next 4 hours. You should expect loose bowel movements within 2-3 hours after taking Pico-Salax. Please ensure that you have access to a toilet at all times.



ON THE DAY OF YOUR PROCEDURE:

6:00 am. Take 2 Dulcolax tablets and drink the 2nd sachet of **PICO-SALAX** mixed with water (Ignore meal instructions with package). Again, follow this with at least 6-8 glasses of clear fluids within the next 4 hours.

- STOP TAKING ANY FLUIDS 3 HOURS BEFORE YOUR APPOINTMENT. DO NOT CHEW GUM EITHER.
- If you are diabetic, do not take your 1st diabetic medication the morning of the procedure. Take all other regular medications unless otherwise informed by the doctor.
- Please leave all your jewelry and valuables at home, Advance Endoscopy is not liable for any loss or damage to the same.
- You will not be able to drive after the procedure as you will be given sedation for a comfortable colonoscopy. Please have someone pick you up or if you choose to go by taxi or public transit, you must be accompanied by someone.

**** Please inform us ASAP if you require antibiotics before dental work or have a family history of malignant hyperthermia ****



Colonoscopy Instructions Using Pico Salax - AM

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- You should avoid nuts and food products containing seeds for 5 days prior to your procedure.
- Please purchase **PICO-SALAX** (1 box) plus **DULCOLAX** tablets (4 tablets)

ON THE DAY BEFORE YOUR PROCEDURE:

You may have a light breakfast and lunch by **12 noon** and then remain on a **CLEAR FLUID** until your procedure is finished. **NO SOLID FOOD AT ALL.** You may drink water, apple juice, white cranberry juice, Gatorade (not red or blue) and ginger ale. Clear broth soups can also be consumed. **Be sure to drink plenty of liquids throughout the day!**

4:00 pm Take 2 Dulcolax tabs and drink the 1st sachet of **PICO-SALAX** mixed with water (Ignore meal instructions with package). Follow this with at least 6-8 glasses of clear fluids within the next 2 hours. You should expect loose bowel movements within 2-3 hours after taking a dose of Pico-Salax.



9:00 pm Take the remaining 2 Dulcolax tablets and drink the 2nd sachet of **PICO-SALAX** mixed with water (Ignore meal instructions with package). Again, follow this with at least 6-8 glasses of clear fluids within the next 2-3 hours.

ON THE DAY OF YOUR PROCEDURE:

- STOP TAKING ANY FLUIDS 3 HOURS BEFORE YOUR APPOINTMENT. DO NOT CHEW GUM EITHER.
- If you are diabetic, do not take your 1st diabetic medication the morning of the procedure. Take all other regular medications unless otherwise informed by the doctor.
- Please leave all your jewelry and valuables at home, Advance Endoscopy is not liable for any loss or damage to the same.
- You will not be able to drive after the procedure as you will be given sedation for a comfortable colonoscopy. Please have someone pick you up or if you choose to go by taxi or public transit, you must be accompanied by someone.

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