



**Colonoscopy Instructions Using Pico Salax – AM**

Name of Patient: \_\_\_\_\_

Your colonoscopy has been scheduled on \_\_\_\_\_ at  
Advance Endoscopy & Specialist Center located at

- Suite 303, 2227 South Millway, Mississauga ON L5L 3R6**
- Suite 206, 688 Coxwell Avenue, Toronto, ON M4C 3B7**
- Suite 3100, 222 King Street East, Bowmanville, ON L1C 1P6**

**Please Arrive 30 min prior to your scheduled appointment**

**THE WEEK BEFORE YOUR PROCEDURE:**

- Please inform our office if you are taking blood thinners, i.e. Plavix, Coumadin, Warfarin, Clopidogrel, Brilinta, etc. If you have not been advised about stopping this medication prior to the procedure, please call our office for instructions.
- Kindly inform our office if you are taking medical cannabis.
- You should avoid nuts and food products containing seeds for 5 days prior to your procedure.
- Please purchase PICO-SALAX (3 Sachets) plus DULCOLAX tablets 5 mg each (4 tablets) from your local drugstore.

**ON THE DAY BEFORE YOUR PROCEDURE:**

You may have a light breakfast and then remain on a **CLEAR FLUID DIET** 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!

**3:00 pm.** Take 2 Dulcolax tablets and drink the 1<sup>st</sup> 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.



**7:00 pm.** Take 2 Dulcolax tablets and drink the 2nd<sup>l</sup> 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.

**ON THE DAY OF YOUR PROCEDURE:**

- **Follow the same direction and drink the third sachet of Pico Salax at least 5 hours prior to your appointment time.** . Your stools should run clear or yellowish by this time.
- **STOP TAKING ANY FLUIDS 3 HOURS BEFORE YOUR APPOINTMENT. DO NOT CHEW GUM EITHER.**
- If you are diabetic, do not take your 1<sup>st</sup> diabetic medication the morning of the procedure. Take all other regular medications unless otherwise informed by the doctor.
- **DO NOT** consume recreational cannabis, alcohol, or any other recreational drugs 24 hours before the procedure.
- Please leave all your jewelry and valuables at home, Advance Endoscopy is not liable for any loss or damage to the same. Please bring your health card.
- You will **not** be able to drive after the procedure as you will be given sedation for a comfortable procedure. **You must** have a responsible adult to escort you home or if you choose to go by taxi or public transit, you must be accompanied. Your procedure will be **CANCELLED** if you do not have appropriate arrangement.
- Please be advised that your stay at our facility could take up to 2 hours. We make all efforts to be able to complete the procedure in a timely manner but due to unexpected procedure complications there could be a delay. We appreciate your understanding and patience in this regard

**\*\* Please inform us ASAP if you have a family history of malignant hyperthermia \*\***