

**COLONOSCOPY PICO-SALAX BOWEL PREPARATION INSTRUCTIONS**  
**IMPORTANT: PLEASE READ ENTIRE DOCUMENT**

Dear: \_\_\_\_\_

You procedure is scheduled with Dr. \_\_\_\_\_ on:

Date: \_\_\_\_\_

Arrival Time: \_\_\_\_\_ Procedure Time: \_\_\_\_\_

**Location: OGI - Ottawa Gastrointestinal Institute**  
29 - 1910 St. Laurent Boulevard (Elmvale Acres Shopping Plaza)  
Corner of St. Laurent Boulevard and Smyth Road  
We share the end parking lot of the plaza with the Kelseys restaurant

**Phone :** 613-686-6656 x2  
**Email :** reception@ottawagi.com

**IMPORTANT :**

- YOU WILL BE OFFERED IV SEDATION FOR YOUR PROCEDURE. SHOULD YOU CHOOSE TO RECEIVE SEDATION, YOU CANNOT DRIVE, OPERATE HEAVY MACHINERY, CONSUME ALCOHOL OR SIGN ANY LEGAL DOCUMENTS FOR 24 HOURS FROM THE TIME SEDATION IS ADMINISTERED.
- YOU MUST PRE-ARRANGE TO HAVE A RESPONSIBLE ADULT TO TAKE YOU HOME AFTER YOUR PROCEDURE (EVEN IF TRAVELLING BY TAXI OR BUS). YOUR ESCORT MUST COME IN TO OGI AND ACCOMPANY YOU OUT OF THE CLINIC.
- YOU CAN EXPECT TO BE AT THE CLINIC BETWEEN **1 ½ HOURS TO 3 HOURS** BUT PLEASE NOTE ALL ESCORTS MUST BE PRESENT IN THE WAITING ROOM NO LATER THAN 4 P.M.
- AFTER YOUR PROCEDURE, WE WOULD ASK YOU TO AVOID TRAVELLING FOR 7 DAYS.
- ON THE DAY OF YOUR PROCEDURE PLEASE BRING WITH YOU, A VALID HEALTH CARD, LIST OF CURRENT MEDICATIONS AND YOUR COMPLETED NEW PATIENT QUESTIONNAIRE. WE RECOMMEND THAT YOU WEAR LOOSE, COMFORTABLE CLOTHING AND PLEASE LEAVE ALL VALUABLES AT HOME.

**OUR OFFICE REQUIRES A MINIMUM OF 7 BUSINESS DAYS NOTICE TO CANCEL OR RE-SCHEDULE YOUR APPOINTMENT. IF SUFFICIENT NOTICE IS NOT PROVIDED, A \$250 FEE MAY APPLY (THIS IS AT THE DISCRETION OF THE PHYSICIAN).**

## MEDICATION LIST

Aspirin	Please contact our office <b>as soon as possible</b> <b>**DO NOT STOP ON YOUR OWN**</b>
Blood Thinners	Please contact our office <b>as soon as possible</b> <b>**DO NOT STOP ON YOUR OWN**</b> (Examples, not limited to this list : Plavix (Clopidogrel), Warfarin (Coumadin), Agrylin, Pradaxa, Xarelto, Aggrenox, etc...)
Diabetic Medications	If you take intermediate or long acting insulin at night or in the morning, take only half the number of units you normally would take.  <b>DO NOT</b> take “immediate or short-acting insulin” on the morning of your colonoscopy.  <b>DO NOT</b> take diabetic pills the morning of your colonoscopy
Iron supplements	Discontinue <b>5 days before</b> your procedure.
Anti Inflammatories	Discontinue <b>5 days before</b> your procedure. (Examples, not limited to this list: Advil, Naproxen, Celebrex, Motrin, Aleve, Midol, etc...)
Antidiarrheal	Discontinue <b>5 days before</b> your procedure. (Examples, not limited to this list: Pepto, Kaopectate, Imodium, Lomotil, etc...)

Over the Counter Medication for Pain or Headache	Use Acetaminophen <b>ONLY</b> . (Examples, not limited to this list: Tylenol, etc...)
Prescription Pain Medication	Take as directed by your GP. (Examples, not limited to this list: Hydromorphone (Dilaudid), Oxycocet, Oxycodone, Fentanyl Patch, Morphine, etc...)
Other Medications	Medications for blood pressure, thyroid, and cholesterol should be taken the morning of the procedure with sips of water.

**PURCHASE THE FOLLOWING WELL BEFORE YOUR TEST:**

- 3 sachets of **Pico-Salax** at your pharmacy; 3 sachets are needed for this preparation.

**\*\*If you have a history of kidney disease, congestive heart failure, or allergy to sulfa drugs DO NOT take the PICO-SALAX. Contact our office for further instructions. \*\***

- These agents are intended to clean out your bowel and will cause cramping, bloating, and watery stools. The preparation will take effect within 1-3 hours of your first dose. Ensure you are close to a washroom you feel comfortable using.
- Gravol can be taken for nausea and zinc oxide ointment can be used to minimize irritation to anal skin during bowel preparation (optional).
- **Clear fluids** of your choice (**NO RED OR PURPLE BEVERAGES**) e.g.
  - Sport Drinks – Gatorade/Powerade
  - Clear pulp-free fruit juices (apple, white grape, white cranberry)
  - Clear Soups – broth/bouillon
  - Jell-O
  - Water
  - Kool-Aid
  - Popsicles
  - Pop : Ginger Ale, 7-Up, Sprite
  - Tea/Coffee without milk products/substitutes

**DIET INSTRUCTIONS BEFORE YOUR COLONOSCOPY**

**5 days prior** to your procedure, avoid the following :

- Whole grain : breads, cereals, and pastas ;
- Anything multigrain ;
- Brown or wild rice ;
- Oatmeal/granola ;
- Fruits and vegetables that contain seeds ;
- Legumes (red beans, lentils, chick peas, dried peas, etc...)
- Nuts and seeds (poppy, sesame, flax, etc...);
- Popcorn;
- Corn;
- Fiber supplements (i.e. Metamucil)

**DAY BEFORE YOUR COLONOSCOPY**

Date: \_\_\_\_\_

**\*It is important to follow the steps in order as instructed. If the bowel preparation is not successful, you may need to repeat the preparation and procedure in the near future.**

1. **DO NOT EAT ANY SOLID FOODS TODAY. CLEAR FLUIDS ONLY** starting in the morning. Solid foods, milk, or milk products are not allowed until after the colonoscopy is completed.

Please drink a variety of clear fluids – not just water. It is very important that you aim to drink approximately 4 litres of fluids today in order to avoid dehydration and to ensure a successful bowel prep.

2. **At 4:00 pm**, fill a mug with 150ml (5oz) of cold water. Empty contents of 1 **Pico-Salax** sachet in the mug. Stir until completely dissolved. Contents may become hot, continue to stir until cool. Drink the whole mug then drink 1.5 to 2L of clear fluids over the next 2-4 hours.
3. **At 8:00 pm**, fill a mug with 150ml (5oz) of cold water. Empty contents of 1 **Pico-Salax** sachet in the mug. Stir until completely dissolved. Drink the whole mug then drink 1.5 to 2L of clear fluids.

**DAY OF YOUR COLONOSCOPY**

Date: \_\_\_\_\_

1. **5 to 6 hours before your test**, fill a mug with 150ml (5oz) of cold water. Empty contents of 1 **Pico-Salax** sachet in the mug. Stir until completely dissolved. Drink the whole mug then drink 1L of clear fluids. You may have to get up in the middle of the night or very early to complete this step.
2. It is important you finish your preparation at least 4 hours prior to your scheduled procedure time.

**\*\* 4 HOURS BEFORE YOUR PROCEDURE TIME STOP DRINKING ALL FLUIDS.** This step is essential In order to ensure that your stomach is empty for your procedure. If your stomach is not empty, your procedure may be cancelled. \*\*