

Pico-Salax Patient Instructions – Colonoscopy

Step 1 of 4

- Purchase at pharmacy at least **1 week** before your procedure:
1) Pico-salax 2) Two Tablets of Dulcolax (5mg)
- **1 week before procedure**, advise your doctor if you are taking:
 - Blood thinners (e.g. Coumadin)
 - Diabetic medications
 - Anti-platelets such as Ticlid or Plavix (do NOT stop Aspirin)
- Please stop Iron supplements 5 days prior to the procedure.
- NO nuts, multigrain, berries, grapes or seeds!

Step 2 of 4

2 DAYS BEFORE YOUR COLONOSCOPY:

- Have a regular breakfast and lunch.
- Clear fluids ONLY for dinner (see list of clear fluids below)
- Take 1 tablet of Dulcolax before bedtime

Step 3 of 4

1 DAY BEFORE YOUR COLONOSCOPY:

NO FOOD ALLOWED. For breakfast, lunch and dinner, drink only clear fluids (clear broth, clear jello, water, clear juice, tea, pop, Gatorade).

6 PM: 1 tablets of Dulcolax

6 PM: Fill a mug with 150mL (5oz) of cold water. Empty contents of 1 sachet in a mug (rarely, mixture may heat up – allow to cool before drinking). Stir for 2-3 minutes.

Drink the entire prepared mixture.

Following each sachet, drink 1.5 – 2L of a variety of clear fluids over 2 hours.

Step 4 of 4

6 HOURS prior to procedure TIME: Fill a mug with 150mL (5oz) of cold water. Empty contents of 1 sachet in a mug (rarely, mixture may heat up – allow to cool before drinking). Stir for 2-3 minutes.

Drink the entire prepared mixture.

Following each sachet, drink 1.5 – 2L of a variety of clear fluids over 2 hours.

You may take regular medications with very small sips of water in the morning. Otherwise STOP drinking all fluids at least 4 hours before your procedure

Due to medications given for sedation, you cannot drive, take a bus, or walk until the following morning. Arrange for a ride home from the hospital with an adult companion. If you do not have an adult companion, the appointment may be cancelled.