

PICO SALAX & DULCOLAX**Medications to be stopped preprocedure:**

- Iron – 7 days.
- Non-steroidal – 5 days.
- Coumadin – 5 days.
- Herbs and Vitamins – 5 days.
- Novel anticoagulants – 2 days (48 hours)
- Plavix/Brillanta – 5 days.
- Fibre supplement – 5 days

5 days before

Do not eat nuts, popcorn, or foods with seeds.

3 days before

Purchase bowel prep from your nearest pharmacy – no prescription required along with Dulcolax tablets

1 day before your procedure

Your last solid meal is breakfast until the procedure is complete. Drink only clear fluids until your procedure.

At 4:30 PM

- Take 2 Dulcolax pills provided with the prep. Drink 1 packet of bowel prep mixed with 150 ml of cold water.

DRINK AN ADDITIONAL 1.5-2 LITRES OF CLEAR FLUIDS/WATER OVER 4 HRS FOLLOWING THE SACHET.

Stay near a bathroom The bowel preparation is a very strong laxative and you will have frequent, watery bowel movements. It can start working within 1 to 4 hours.

Day of Procedure - You may need to wake up early**HOLD METFORMIN, JANUVIA, JARDIANCE MORNING OF PROCEDURE**

- **4 hours before your appointment**, take 2 Dulcolax pills and drink the second packet of bowel prep mixed with 150ml of cold water.

DRINK AN ADDITIONAL 1.5-2 LITERS OF CLEAR FLUIDS/WATER FOLLOWING THE SACHET.

Acceptable CLEAR Fluids in addition to water:

- Clear broths
- Clear, pulp-free juice (apple, white grape, white cranberry)
- Jello-O ®, popsicles (clear)
- Weak black tea, herbal tea, green tea
- Clear Gatorade/ Powerade

Do not drink:

- Red or purple liquids
- Alcoholic beverages
- Milk or dairy substitutes
- Liquids you can't see through

****PLEASE DO NOT DRINK ANY LIQUID FOR AT LEAST 2 HOURS PRIOR TO PROCEDURE****

Tips for Drinking the Bowel Prep:

- **If you feel sick to your stomach, drinking Gingerale may help.** Keep drinking clear fluids but in smaller amounts and more often so you do not get dehydrated. ☐
- You can also take anti-nausea medication, such as Gravol, if you are nauseated. It is very important to keep drinking the bowel prep even if you are feeling sick to your stomach.

ALL PATIENTS WILL REQUIRE A RIDE HOME AFTER THE PROCEDURE.

If you have any questions regarding prep or medications, please call our office at **905-526-7002 ext 5**

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