Pico Salax Preparation

DATE: _____ PROCEDURE: _____ ARRIVAL: _____

Arrive 30 minutes before your procedure unless given a different arrival time.

1 Plan your medications

Follow this schedule unless your physician gives a different plan. Confirm blood-thinner, insulin and diabetes instructions with the clinic or prescriber in advance, including when to restart.

7 DAYS: Iron; Ozempic, Wegovy, Mounjaro and Zepbound.

5 DAYS: Non-steroidal anti-inflammatory medicines such as ibuprofen (Advil); Coumadin (warfarin); herbs and vitamins; Plavix / Brilinta; fibre supplements.

AT LEAST 48 HOURS: Novel anticoagulants, according to your individual medication plan.

Ask which routine medicines to take on procedure morning and how to time them around the prep and fluid cut-off. Bring your medication and supplement list for the consultation before your procedure.

2 Get ready in advance

5 DAYS BEFORE: Do not eat nuts, popcorn or foods containing seeds.

3 DAYS BEFORE: Purchase TWO Pico-Salax packets and FOUR Dulcolax (bisacodyl) 5 mg tablets. No prescription required. If tablets come in packs of two, buy TWO packs. Do not substitute without contacting the clinic.

Dulcolax: swallow tablets whole; do not chew or crush.

3 Choose clear fluids

YES — PERMITTED: Water; clear broth without solid pieces; pulp-free apple, white grape or white cranberry juice; ginger ale or clear soft drinks; light-coloured sports drinks; tea or black coffee without milk or cream; light-coloured Jell-O or popsicles without fruit pieces.

NO — AVOID: Red or purple liquids; alcohol; milk, cream or plant-based milk; meal replacements; smoothies; juice with pulp.

Drink a variety of permitted clear fluids, not just water. Discuss any fluid restriction with the clinic before starting.

ARRANGE FOR A RESPONSIBLE ADULT TO DRIVE OR ACCOMPANY YOU HOME
You cannot drive yourself home after sedation. A responsible adult must drive you home or accompany you in a taxi, Uber or other rideshare service. The driver of a taxi or rideshare service does not qualify as your responsible adult. Your designated adult must remain nearby and be available when you are ready for discharge.

For 24 hours after sedation: no driving, machinery, alcohol or important legal decisions. Follow your discharge instructions.
Bring your health card. Leave valuables, jewellery and smartwatches at home; you will be asked to remove your smartwatch.
CANCELLATIONS: Give at least 3 business days' notice; less notice may result in a $90 fee.
LOCATION: 211 Pritchard Road, Unit 4, Hamilton, ON L8J 0G5. Use the entrance on the right side of the building.

Follow your prep timeline

Use the ARRIVAL TIME given by the clinic for all morning timings below.

THE DAY BEFORE

Breakfast is your last solid meal. After breakfast, drink permitted clear fluids only. Do not eat solid food again until after your procedure.

4:30 P.M. • FIRST DOSE: Take TWO Dulcolax 5 mg tablets with water (10 mg total). Mix ONE Pico-Salax packet with 150 mL of cold water, following the packet mixing directions, and drink it.

OVER THE NEXT 4 HOURS: Drink an ADDITIONAL 1.5–2 litres of permitted clear fluids (about 6–8 cups of 250 mL each). This is in addition to the 150 mL used to mix the packet.

IMPORTANT: THIS IS A STRONG BOWEL PREPARATION LAXATIVE. STAY CLOSE TO A BATHROOM. Expect frequent, watery bowel movements.

THE DAY OF YOUR PROCEDURE

No solid food before arrival or at the clinic. Wait until after your procedure.

4 HOURS BEFORE ARRIVAL AT THE CLINIC • SECOND DOSE: Take TWO Dulcolax 5 mg tablets with water (10 mg total). Mix the SECOND Pico-Salax packet with 150 mL of cold water, following the packet directions, and drink it. You may need to wake early.

THEN • EXTRA FLUIDS: Drink an ADDITIONAL 1.5–2 litres of permitted clear fluids (about 6–8 cups of 250 mL each). Finish all prep and additional fluids before the cut-off. Do not continue drinking past the cut-off.

STOP ALL FLUIDS AT LEAST TWO HOURS BEFORE ARRIVAL
Includes WATER, CLEAR FLUIDS and BOWEL PREPARATION. Failure to follow this instruction may result in cancellation of your procedure.
During these two hours: do not chew gum, suck on candy or smoke.

Example for a 10 a.m. procedure and 9:30 a.m. arrival

5:30 A.M.: Take second doses of Dulcolax and Pico-Salax. BY 7:30 A.M.: Finish the additional 1.5–2 litres of clear fluids. 7:30 A.M.: STOP ALL FLUIDS, including water and prep. 9:30 A.M.: Arrive for your 10 a.m. procedure, unless instructed otherwise.

Finish both doses and know when to get help

Finish both doses even if stool already looks clear. Final output should be watery, clear or light yellow, without solid stool. For nausea or bloating, temporarily pause or slow down, then resume when better while keeping to the cut-off. Ginger ale may help. Ask a clinician or pharmacist before taking anti-nausea medicine.

Call 905-526-7002 ext. 3123 if you cannot finish, vomit repeatedly, have no response after several hours, or still pass brown or solid stool. Do not add laxatives or drink past the cut-off. Tell staff about incomplete preparation before sedation.

When the clinic is closed, call Ontario Health811 at 811 for general advice. Seek urgent assessment for severe pain, marked swelling, inability to keep fluids down, significant bleeding or severe dizziness. Call 911 for difficulty breathing or another emergency.