

Follow your bowel preparation carefully.

DAYS 2 AND 3 BEFORE COLONOSCOPY

- ☐ **At 8:00 PM** take 2 (TWO) Dulcolax tablets with water.

PREPARATION FOR A COLONOSCOPY WHEN ARRIVAL TIME IS BEFORE 10 AM

DAY BEFORE COLONOSCOPY

- ☐ Eat a light breakfast (toast, tea, coffee, juice).
- ☐ Drink only clear fluids after breakfast. Solid foods, milk or milk products are NOT allowed until after the colonoscopy is completed.
- ☐ **At 5 PM**, empty the contents of the 1st package of Pico Salax into a cup or mug add 5 oz (150 ml) cold water and stir for 2–3 minutes. If it becomes hot, wait until it cools sufficiently to drink. Drink the Pico Salax mixture quickly and continue to drink 2 litres of clear liquids liquid over the next 2 hours.
- ☐ Ideally, the best time to take the second dose of Pico Salax is 5–6 hours before your procedure. We recognize that not everyone can do this. If you are able to go to bed earlier and wake up 5–6 hours before the colonoscopy arrival time to take the second dose, the preparation will be better. If you are unable to do this, at 10:00 PM take the 2nd package of Pico-Salax prepared the same way as the first. Drink 2 litres of clear liquid over the next 2 hours

DAY OF COLONOSCOPY

- ☐ Take any required medication with a sip of water.
- ☐ Only drink clear fluids; do not eat any solid food.
- ☐ **STOP drinking all fluids 3 hours before your arrival time. That is: you are to take nothing by mouth from this moment on. This also means avoiding candy and chewing gum 3 hours before your arrival time.**

PREPARATION FOR A COLONOSCOPY WHEN ARRIVAL TIME IS AFTER 10 AM

DAY BEFORE COLONOSCOPY

- ☐ Eat a light breakfast and a light lunch.
- ☐ Drink only clear fluids after lunch. Solid foods, milk, or milk products are not allowed until after the colonoscopy is completed.
- ☐ **At 8 PM**, empty the contents of the 1st package of Pico Salax into a cup or mug add 5 oz (150 ml) cold water and stir 2–3 minutes. If it becomes hot, wait until it cools sufficiently to drink. Drink the Pico Salax mixture quickly and continue to drink 2 litres of clear fluid in the next 2 hours.

DAY OF COLONOSCOPY

- ☐ **Starting 5–6 hours before** the time, you are to arrive at the hospital, drink the remaining 2 litres of PEGLYTE. For example, if you are to arrive at 10 AM, start at 5 AM. Drink the PEGLYTE within 2 hours.
- ☐ It is important you finish your preparation at least 3 hours prior to your scheduled arrival time. For example, if you are to arrive at 9 AM you need to be done by 6 AM.
- ☐ Take any required medication with a sip of water.
- ☐ Only drink clear fluids; do not eat any solid food.
- ☐ **STOP drinking all fluids 2 hours before your arrival time. That is: you are to take nothing by mouth from this moment on. This also means avoiding candy and chewing gum 3 hours before your arrival time.**