

COLONOSCOPY PREPARATION

PICO-SALAX

FOLLOW YOUR BOWEL PREPARATION CAREFULLY

Your colonoscopy has been booked for: _____ at _____
DATE TIME

5 DAYS BEFORE COLONOSCOPY

- + Avoid nuts, seeds, berries, raw fruits and vegetables, oatmeal, granola, multi or whole-grain products (e.g., bread, cereal, pasta, brown rice, wild rice). These foods take longer to digest and may remain in your colon on the procedure's day, affecting the bowel preparation quality.

An unsuccessful bowel preparation may result in a repeat procedure.

- + Hold fiber supplementation (e.g. *Metamucil* or *Benefiber*).
- + Hold iron supplementation and anti-inflammatory medications (e.g., *Advil*, *Motrin*, *Aleve*).

DAYS 2 AND 3 BEFORE COLONOSCOPY

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

1 DAY BEFORE COLONOSCOPY

- + Eat a light breakfast **before 8 am** (e.g., white toast, boiled or poached egg, plain or vanilla yogurt).
- + DO NOT only drink water to prevent dehydration.
- + Drink a mixture of clear fluids until the procedure is completed.
Clear fluids include pulp-free juices (like apple juice), coffee or tea (WITHOUT milk or milk substitute products), carbonated beverages (like *7UP*, *Sprite* or *Ginger Ale*), *Gatorade*/*Powerade* or clear soup broth (no meat, noodles or vegetables).
- + DO NOT drink any red liquids.



WATER



JUICE



SODA



ENERGY
DRINK



TEA



COFFEE



SOUP/BROTH

+ At 3:00 pm

Prepare the intestinal solution according to the instructions:

Dissolve a package of Pico Salax into a cup of cold water (8 oz) 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 water until 5 PM.

+ At 8:00 pm

Dissolve the the 2nd package of Pico Salax into a cup of cold water (8oz) and continue to drink 2 litres of water until 10 PM.

+ **DAY OF COLONOSCOPY**

+ DO NOT EAT

+ **3 hours before your appointment time: you must stop drinking any fluids.**

Do not take anything by mouth from this moment.

+ **Your colon is empty when your stool color is clear to yellow:**



IMPORTANT INFORMATION

- + Arrive at the hospital **1 hour** before your procedure with an updated list of your medication and allergies.
- + Register at the front desk.
- + Make arrangements beforehand to be driven back home by a responsible adult you know. Hospital policy does not allow a taxi ride back home.
- + DO NOT drive or operate machinery for 24 hours.
- + If you have any questions, please call 613-632-1111, ext. 51704.

See the following page for instructions on prescription medications.

PRESCRIPTION MEDICATIONS

You should always take your prescribed medications.

The only exceptions are:

Ozempic	<ul style="list-style-type: none">Should not be taken for 7 days before your procedure
Blood Thinners	<ul style="list-style-type: none">Stop taking Clopidogrel (<i>Plavix</i>) or Ticagrelor (<i>Brillinta</i>) 5 days before the procedure unless otherwise instructed by your physician.Stop taking Prasugrel (<i>Effient</i>) 7 days before the procedure unless otherwise instructed by your physician.Stop Apixaban (<i>Eliquis</i>), Rivaroxaban (<i>Xarelto</i>), Dabigatran (<i>Pradaxa</i>), Edoxaban (<i>Lixana</i>) 2 days before the procedure unless otherwise instructed by your physician.Stop warfarin (<i>Coumadin</i>) 5 days before the procedure unless otherwise instructed by your physician. <p>*If you have a history of stroke, myocardial infarction, recent coronary stent placement or mechanical heart valve please follow your physician's instructions given during consultation.</p>
Diabetic Medications	<ul style="list-style-type: none">If you take intermediate or long-acting insulin (e.g. <i>Levemir</i>, <i>Lantus</i>, <i>Tresiba</i>, <i>Toujeo</i>), only take half your usual dose the night before or morning of your procedure.<u>DO NOT</u> take short-acting insulin (e.g. <i>Humalog</i>, <i>Apidra</i>, <i>NovoRapid</i>, <i>Humulin-R</i>, <i>Novolin-R</i>) on the day of your procedure.<u>DO NOT</u> take diabetic pills on the day of your procedure (e.g. <i>Metformin</i>, <i>Invokana</i>, <i>Januvia</i>).Semaglutide (<i>Ozempic</i>, <i>Wegovy</i>, <i>Rybelsus</i>), Liraglutide (<i>Saxenda</i>, <i>Victoza</i>), Tirzepatide (<i>Mounjaro</i>), Dulaglutide (<i>Trulicity</i>) should NOT be taken for 7 days before your procedure.

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