

Preparing for your colonoscopy with PICO-SALAX

PICO-SALAX is a bowel cleansing product used to cleanse the bowel prior to colonoscopy. This solution is not absorbed and cleanses your bowel by causing watery diarrhea.

Important

- Arrange for a responsible adult (18 years or older) to accompany you home. You will be groggy after your procedure. You must have a responsible adult with you even if you ride the bus, take a taxi or use medical transport. If this adult is unable to check in with you, please let them know we will need to contact them by phone prior to your procedure. Do not plan on returning to work that day.
- Let us know if you have frequent constipation. You will need a special set of preparation instructions.

If You Have Diabetes:

- The Day before Your Appointment:
 - If you are insulin dependent, check your blood sugar frequently. Every 4 hours is recommended. Treat accordingly. If there are concerns, please contact my clinic or your primary care provider.
 - Make sure that in your selection of clear liquids you include some clear liquids that contain protein, such as broth.
 - Reduce your evening long acting insulin dose by 30% (70% of your normal dose)
 - If you take a premixed insulin (ie. Humalin 30/70), reduce your dose by 30% (70% of your normal dose)
 - If you use an insulin pump, reduce the basal rate by 30%
- The Day of Your Appointment:
 - Reduce your morning long acting insulin dose by 30% (or 70% of your normal dose)
 - If you take a premixed insulin (30/70), reduce your dose by 50%
- If you have a low blood sugar (<4mmol), correct by drinking a clear liquid juice (apple or grape), soda, or sugar water.

Purchase the Following

- PICO-SALAX from your pharmacy
- 1- 10 ounce bottle of liquid magnesium citrate (if needed) Do not take magnesium citrate if you have kidney failure

5-7 Days Prior to your Colonoscopy

- Stop taking any medicine containing iron or any iron supplements
- If you are taking Coumadin/Warfarin, clopidogrel, ticagrelor, or prasugrel, or any other blood thinning medication, please ask your prescribing doctor to see if you are able to stop those medications 5-7 days prior to your procedure. If you are not able to come off those medications, please let us know before your procedure.
- Dabigatran, apixaban, and rivaroxaban are generally stopped 2 days prior to your procedure.
- Please stop any additional NSAIDS (Aleve, Motrin, Advil, etc) 5 days prior to your colonoscopy if possible. Also stop fish oil, vitamin E and any other oily vitamin for 7 days prior.
- You may continue to take a daily aspirin if needed for a medical condition.
- If you have constipation, start taking polyethylene glycol 17gm daily with ½ cup of water.

3 Days Prior to Your Colonoscopy

1. Stop eating high fiber foods and whole grains. For example, uncooked fruits and vegetables, nuts and seeds, granola, popcorn, quinoa, whole grain bread or anything with bran.

The Day Before Your Colonoscopy

- Start a clear liquid diet in the morning. No solid food.
 1. Clear liquids include the following: water, apple juice, broth, soda, tea, black coffee, Gatorade, popsicles
 2. Do not drink alcohol, milk, noodles or vegetables in soup, juice with pulp or anything red in color.
- At 6pm - Begin your bowel preparation. Fill a cup with 150ml (5 Oz) of cold water. Empty contents of once sachet in the cup. Stir for 2-3 minutes until dissolved. The solution should now become an off-white, cloudy liquid. Following each dose, drink 1.5 to 2 litres of a variety of clear fluids (recommend Gatorade, fruit juice, broth, tea, clear soda while avoiding anything red or purple in color) over about 2 hours. If you feel nauseated then slow down and finish it before midnight. You can also drink any other clear liquids after you have finished 2 liters of you prep until midnight.
- If you have not had a bowel movement by 10pm, drink 1 bottle of magnesium citrate (do not do this if you have advanced kidney disease)

The Day of Your Procedure

- 5 hours before your procedure, take 1 sachet (the second dose) of PICO-SALAX, in the same way as the first dose. Again, drink 1.5-2L of clear fluids after your dose.

- It is important you have finished drinking the prep 3 hours prior to your scheduled colonoscopy and then nothing by mouth after this time. This includes no water, chewing gum, mints or chewing tobacco.
- If you are taking essential medications, it is important that you take them early in the morning on the day of your exam with a sip of water.
- Bring a list of your medications with you to your procedure.
- You **MUST** have someone drive you home after the procedure.
- If you are of child bearing years you will need to perform a urine pregnancy test prior to sedation. This will be done at surgery center.