

PICO-SALAX Colonoscopy Preparation

Ten (10) days before colonoscopy:

Some medications may be adjusted or discontinued for a short time (4-7 days) before the colonoscopy.

1. Call the doctor's office if you are taking any of the following medications:

- Iron tablets
- Blood-thinning (anticoagulant) herbs or medicines including:
 - Aggrenox
 - Apixaban (Eliquis)
 - Cangrelor (Kengreal)
 - Cilostazol (Pletal)
 - Coumadin (Warfarin)
 - Dalteparin (Fragmin)
 - Edoxaban (Savaysa)
 - Enoxaparin (Lovenox)
 - Fondaparinux (Arixtra)
 - Heparin
 - Plavix (Clopidogrel)
 - Pradaxa (Dabigatran)
 - Prasugrel (Effient)
 - Rivaroxaban (Xarelto)
 - Ticagrelor (Brilinta)
 - Ticlid (Ticlopidine)
 - Vorapaxar
- Diabetes medications
 - Contact your **family doctor** to determine any medication adjustments for your colonoscopy. If you do not have a family doctor, contact the doctor doing the colonoscopy test for direction.
- Chemotherapy medications

Seven (7) days before colonoscopy:

1. **Stop taking:** Iron tablets, vitamins or herbal medications. Continue all other medications unless told otherwise.
2. **Stop eating:** nuts and seeds, including whole flax, sesame and chia seeds, berries and popcorn
3. **Buy one (1) box** of *PICO-SALAX* (NO SUBSTITUTION) from your local pharmacy. A prescription is not needed. You will need this to begin your bowel preparation on the day before the test.

Three (3) days before colonoscopy:

1. **Make your time off work plan:** Consider taking the day before the colonoscopy off work to complete your bowel preparation. You should plan to be off work for the day of your colonoscopy. Most people can return to work the day after their colonoscopy.

One (1) day before colonoscopy:

1. **Begin your bowel preparation:** We have included the instructions for your **PICO-SALAX Bowel Preparation**. Please read carefully or have someone read them to you. If you need clarification, please call the toll-free number to speak with the Colorectal Cancer Screening Diagnostic Patient Navigator at 1-855-733-0762, or you may reach us by email at crnavigator@ihis.org

PICO-SALAX Bowel Preparation

- **The bowel must be empty to have a colonoscopy.** Any remaining stool or fluids will make it difficult to see the walls on the inside of your bowel, making the test less accurate and, in some cases, impossible to finish. Your healthcare team **considers your bowel empty when you are only passing liquid.** The liquid may be clear, yellow or coloured with flecks of stool.
- **Bowel preparation solutions** from the pharmacy work best when taken as a **divided dose.** A divided dose means you drink the **first dose the day before the test** and the **second dose on the day of the test.** You must drink all of the liquid in each dose.
- It is also important to **stay hydrated** while taking the bowel preparation solution. To stay hydrated, you must **drink 3-4 litres of clear liquids** in addition to the bowel preparation solution. Typically, an adult will lose 3-4 litres of fluid during bowel preparation, and it is essential to replace this fluid.

Beginning in the morning on the day before your colonoscopy:

- **Do not eat** any solid foods.
- **Begin drinking** 3-4 litres of clear liquids – you may drink up until 2 hours before the colonoscopy
- no red, blue or purple coloured liquids; no dairy drinks; no alcohol.

- Sports drinks, e.g. Electrolyte Gastro, Gatorade or Powerade
- Light-colored soft drinks, e.g. Sprite, Ginger Ale, 7-UP
- Water
- Kool-Aid, iced tea, lemonade
- Black or herbal tea, coffee without milk products or substitutes
- Pulp-free fruit juices, e.g. apple, white grape, and white cranberry
- Clear soups, e.g. broth/bouillon
- Pulp-free coconut water
- Popsicles
- Jell-O

- **If you have diabetes:** try to maintain your regular caloric intake in liquid form. Test your blood sugar before meals, at bedtime and throughout the day as needed.

What to expect after your first dose of the bowel preparation solution?

- Remain close to a toilet. You will have frequent diarrhea-type bowel movements.
- The solution usually starts working within 1-3 hours but may take longer. It may take up to 6-8 hours or more for some people. Your next dose will take less time to work. Keep this in mind if you are travelling the day before your procedure.
- Cramping can occur and is considered normal.

Reminder:

- You will need to stay at the clinic for 30 minutes to 1 hour following the colonoscopy test.
- If you received sedation medication for the colonoscopy test, **you might be considered impaired for up to 24 hours after the test.**
 - You **should not sign any legal documents.**
 - You **will not be able to drive** yourself home. You will need a trusted person to meet you at the endoscopy unit to pick you up from the hospital.
 - You **should not drink alcohol or take sleeping pills or anti-anxiety medications.**
 - You **should not be responsible for another person's care**, e.g. a baby, young child, or person in poor health.
- You can begin drinking full fluids and advance to a regular diet as tolerated.
- If you take blood-thinning medication, discuss when to restart these medications with the doctor. Resume all other medications as usual unless told otherwise.

□ Colonoscopy Procedure: PICO-SALAX Bowel Preparation Instructions

Please note:

- You should start a clear fluid diet **beginning in the morning the day before** your procedure. You should not eat or drink after you finish your prep. You can not eat or drink anything **within two hours** of the colonoscopy.
- Take your regular medications with a sip of water **except** for blood thinners and diabetic medications (you should have specific instructions for these medications).
- You can take Tylenol/migraine medication **until three hours** before your colonoscopy.

At 7:00 PM the day before the colonoscopy:

- Fill a glass with 150ml (5oz.) of cold water. Empty the contents of one (1) sachet into the glass (if the solution heats up, allow it to cool before drinking). Stir the solution for 2-3 minutes until completely dissolved. The solution should be cloudy and off-white.
- **Drink the first dose** of the PICO-SALAX solution (150ml) followed by 1.5 to 2 litres of various clear fluids.
- Gravol 25-50 mg may be taken by mouth if needed for nausea when completing the bowel preparation.

Four to six (4-6) hours before the colonoscopy:

- Fill a glass with 150ml (5oz.) of cold water. Empty the contents of the second sachet into the glass (if the solution heats up, allow it to cool before drinking). Stir the solution for 2-3 minutes until completely dissolved. The solution should be cloudy and off-white.
- **Drink the second dose** of the PICO-SALAX solution (150ml) followed by 1.5 to 2 litres of various clear fluids.