

## COLONOSCOPY PREPARATION

Your colon must be completely empty for the colonoscopy to be successful.

### **PICO-SALAX**

You must buy the following products at your local pharmacy:

- 1 box of **Pico-Salax/Purg-o-Dan (2 sachets)**
- 1 bottle of **Magnesium Citrate**.

#### **The DAY BEFORE your exam:**

- **Drink ONLY clear liquids the whole day.**
- **You are encouraged to drink a glass (8 OZ) of fluid every hour for the whole day.** (Gatorade, water, juices, ginger ale, broth, plain tea, black coffee, popsicles, yellow/green/orange Jello without added fruit or toppings).
- **Do not eat any solid food. No liquid-coloured purple/red, no juice with pulp, and no dairy products.**
- Take the first sachet at: **2 PM**
- Empty the contents of ONE sachet into a cup.
- Add **120mL** (4 ounces) of cold water. Stir for 2-3 minutes; **DRINK THE ENTIRE CUP.**
- Then **drink 2 litres (68 ounces)** of clear fluids (Gatorade, water, juices, ginger ale, broth, popsicles, yellow/green/orange Jello without added fruit or toppings, plain tea, black coffee) over 4 hours.
- **AT 7:00 PM** prepare the second sachet of Pico-Salax and follow the same procedure as with the first sachet (empty contents into cup, add water, stir, and drink entire cup, then **drink 2 litres (68 ounces)** of clear fluids over 4 hours).

#### **The DAY OF your exam:**

- **2 TO 3 HOURS BEFORE YOUR EXAM Drink ½ bottle (150ml)** of Magnesium Citrate (dilute in glass of water or juice or tea).
- **If your stools are still brown, please take the remainder(150ml) of the Magnesium Citrate.**
- **Your stools should be slightly yellow to clear.**
- Do not drink any dark liquids, **NO coffee.**
- Stop drinking clear liquids **1 hour** before your test.

#### **IMPORTANT NOTICE**

- **As per Cardiologist or Doctor recommendations: REFRAIN FROM TAKING COUMADIN, PLAVIX, XARELTO AND ALL IRON SUPPLEMENTS**
- **TWO (2) DAYS PRIOR STOP NUTS OR FOODS WITH SEEDS.**
- **IT IS MANDATORY THAT YOU ARE ACCOMPANIED BY SOMEONE WHO CAN DRIVE YOU HOME, YOU ARE NOT PERMITTED TO DRIVE FOR A MINIMUM OF 24 HOURS AFTER THE EXAM**

**Cancellation fee of \$500.00 non-refundable. Please consult the cancellation policy.**