

## COLONOSCOPY INSTRUCTIONS – Split dose Pico-Salax® Bowel Prep

### Date and Arrival Time:

**OR Booking will contact you with the date of your procedure.**

**Our office will call you the day before your procedure with your arrival time.**

- Purchase from any pharmacy – 2 sachets of **Pico-Salax®** (no generic substitutions) and **Dulcolax®(bisacodyl)** 5mg tablets x 7 tablets. No prescription needed.
- **Avoid seeds, nuts, popcorn, corn, granola and whole grain breads for 5 days prior to your colonoscopy.**
- The doctor's ability to visualize your colon depends on a thorough bowel preparation – **please follow instructions closely.**
- You will **NOT** be receiving a reminder call so please ensure you mark your calendar(s) carefully (bowel prep day **AND** colonoscopy day).

**3 days before exam – eat lightly only (no heavy meals). Example - If procedure is on Monday you would start on Friday.**

- **Take 2 Dulcolax tablets at bedtime each night plus one more (3 tablets) on last night.**

### Day prior to exam – **No Food** – not even breakfast.

- Drink a variety of clear liquids, not only water. You need sugar and electrolytes too. Examples are: clear (pulp-free) juices (apple, white cranberry, white grape juice), broth/bouillon, jello, Gatorade, popsicles, Vitamin water, tea or coffee (no milk, cream or sugar), ginger-ale or Sprite. Avoid red/purple food colouring. Try to drink plenty – the more fluids the better.
- **At 4PM;** mix 1 sachet of Pico-Salax in a 5oz glass of water and drink. It may be easier to drink when chilled (consider using a straw). **Drink lots of clear fluids afterwards.**
- Take 3 **Dulcolax** tablet at bedtime.

**Day of exam: 5-6 hours prior to procedure time, mix the second sachet of Pico-Salax in a glass of water and drink. You can have only water and/or apple juice up until 4 hrs prior to procedure time.**

- You may take medication in the morning with **sips** of water (1 hour before or 1 hour after your Pico Salax).
- You may **NOT** eat prior to your procedure.
- **If you have diabetes**, please discuss your medication requirements with the patient coordinator prior to your procedure.
- **If you are on iron supplements or multivitamins containing iron**, please discontinue 7 days prior to procedure.
- **If you are taking any blood thinners**, please discuss with your Physician prior to procedure
- You will be at the hospital for approximately 2.5 hours in total.
- Please do not wear perfume or scented products to the hospital.
- Due to the medications given for sedation, you are not able to work or drive following the procedure. **You need someone to accompany you home.** You should rest at home for the remainder of the day.

Contact Dr. Lambiotte's office at **778-421-8781** with any questions.