

## Preparation for Colonoscopy

Stop Aspirin (ASA 81mg, Entrophen, ASA) and Iron tablets  
1 week before procedure

Stop Coumadin 5 days before the procedure

Stop Ticlopidine (Ticlid), Clopidogrel (Plavix), Aggrenox 3 days  
prior to procedure

**REMEMBER YOU MUST HAVE SOMEONE WITH YOU TO  
DRIVE YOU HOME OR ACCOMPANY YOU IN A TAXI AFTER  
THE PROCEDURE. IF YOU DO NOT, YOUR PROCEDURE  
WILL BE CANCELLED.**

**THEY MUST COME IN TO THE CLINIC TO GET YOU**

### PURCHASE AT PHARMACY

One PICO-SALAX® bowel preparation kit.

### Dietary Restrictions

#### 3 DAYS PRIOR TO THE PROCEDURE

**STOP** eating any foods containing **nuts or seeds** – they can damage  
the scopes.

Call our office at 416-321-3883 to confirm your arrival time

#### THE DAY BEFORE THE PROCEDURE

#### ALL PATIENTS

**DO NOT** eat any solid foods the day before your exam. **Drink clear  
fluids only.** Drink at least one glass of clear liquids every hour  
on the day of the preparation. Examples of clear liquids include  
water, jello without cream or fruit, apple juice, white grape juice, white  
cranberry juice, Gatorade® or Powerade®, Gastrolyte®, soda water,  
clear soup, tea and coffee (sugar is allowed but NO cream OR milk).  
**NO RED or PURPLE DRINKS.**

#### SPECIAL NOTE FOR DIABETICS

On the day of the bowel preparation: Take ONE-HALF (1/2)  
the usual dose of oral hypoglycemic medications

If you use Insulin, take ONE-HALF (1/2) the usual dose of  
insulin.

**ON THE DAY OF THE PROCEDURE, do not take your  
morning diabetic medications until after the colonoscopy.**

## WHEN DO YOU TAKE THE PICO-SALAX

### BOWEL PREPARATION?

*NOTE: THIS CAN ACT QUICKLY SO MAKE SURE YOU CAN GET  
TO A BATHROOM EASILY. YOU MAY HAVE LOOSE BOWEL  
MOVEMENTS FOR A FEW HOURS.*

#### Patients with appointments AT OR BEFORE 12 NOON:

1st packet 5:00 pm the day before the test

2nd packet 9:00 pm the day before the test

#### Patients with appointments AT OR AFTER 12:30PM:

1st packet 8:00 pm the day before the test

2nd packet 6:00 am on the day of the test

#### HOW TO MIX PICO-SALAX®

Empty the contents of the packet into a mug or coffee cup.

Add 150mL (5 oz) of cold water.

Stir constantly for 2 to 3 minutes until all of the laxative is dissolved.

If the mixture heats up, let it cool before you drink it.

Continue to stir while it cools.

**Drink 4 to 6 large glasses (250mL /8 oz.) of water or other  
clear liquids over 3 hours following each sachet.**

**Continue to drink 1 glass (250mL) every hour while the  
medicine is working and you are having loose bowel motions  
to prevent dehydration.**

**Your bowels are cleaned out when you are passing clear liquid  
stool.**

**TAKE NOTHING BY MOUTH 3 hours before the  
test.**

**Please inform us on arrival if you were unable to take  
the full prep or if your bowels are not cleaned out.**

**IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT THE GTA  
ENDOSCOPY SERVICES CLINIC AT 416-321-3883 OR YOUR  
FAMILY DOCTOR.**

**GTA ENDOSCOPY IS LOCATED AT 305 MILNER AVENUE,  
SUITE 920. WE ARE LOCATED AT THE CORNER OF  
MARKHAM ROAD AND MILNER AVENUE.**

**PLEASE NOTE THAT THERE IS A CANCELLATION FEE OF  
\$100 IF YOU CANCEL LESS THAN 3 BUSINESS DAYS BEFORE  
THE PROCEDURE WITHOUT A MEDICAL NOTE.**