

## PICO-SALAX Colonoscopy and Gastroscopy Preparation

**Ten (10) days before colonoscopy and gastroscopy:** Some medications may be adjusted or discontinued for a short time (4-7 days) before the colonoscopy and gastroscopy.

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

- Iron tablets
- Blood-thinning (anticoagulant) herbs or medicines including:

Aggrenox	Heparin
Apixaban (Eliquis)	Plavix (Clopidogrel)
Cangrelor (Kengreal)	Pradaxa (Dabigatran)
Cilostazol (Pletal)	Prasugrel (Effient)
Coumadin (Warfarin)	Rivaroxaban (Xarelto)
Dalteparin (Fragmin)	Ticagrelor (Brilinta)
Edoxaban (Savaysa)	Ticlid (Ticlopidine)
Enoxaparin (Lovenox)	Vorapaxar
Fondaparinux (Arixtra)	
- Diabetes Medications
- Chemotherapy Medications

**Seven (7) days before colonoscopy and gastroscopy:**

**Stop taking:** Iron tablets, vitamins or herbal medications. Continue all other medications unless told otherwise.

**Stop eating:** nuts and seeds, including whole flax, sesame and chia seeds, berries and popcorn.

**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 and gastroscopy:**

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

**One (1) day before colonoscopy and gastroscopy:**

**Begin your PICO-SALAX bowel preparation:** If you need clarification, please contact the physician doing the colonoscopy and gastroscopy procedure for direction.

## 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 and gastroscopy:**

- **Do not eat** any solid foods.
- **Begin drinking** 3-4 litres of clear liquids – you may drink the following liquids up until 2 hours before the colonoscopy:
  - 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
  - **no red, blue or purple coloured liquids; no dairy drinks; no alcohol.**
- **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 and gastroscopy test.
- If you received sedation medication for the colonoscopy and gastroscopy 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. If you do not have a driver your test may be canceled. A taxi is not acceptable if traveling alone.
  - 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.

## PICO-SALAX Bowel Preparation and Gastroscopy 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 and gastroscopy.
- 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 and gastroscopy.

### **At 7:00 PM the day before the colonoscopy and gastroscopy:**

- 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 and gastroscopy:**

- 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.

### **Two (2) hours before the colonoscopy and gastroscopy procedure:**

- You must be fasting (**NO LIQUIDS**) for 2 hours before the test.

## Patient Appointment and Hospital Information

**Hospital Arrival:** You must arrive and register in the **Admitting Department 60-90 minutes before** your scheduled colonoscopy and gastroscopy. If your appointment is at **8:00 A.M.** you must arrive and register in the **Admitting Department at 7:00 A.M.** The colonoscopy and gastroscopy will take 30-45 minutes to perform, and you need to stay 30 minutes to 1 hour after it is over. Plan to be at the hospital for **1.5 to 3 hours** from start to finish.

### **Hospital Checklist:**

- Bring a list of current medications.
- Bring your ostomy supplies if you have an ostomy.
- Bring your most recent glucose reading if you have diabetes.
- Bring a translator if you do not understand or speak English.
- Bring your PEI Health Card or proof of substitute medical insurance plan. If you do not have these, bring another form of personal ID.
- **Do not** wear any jewelry, e.g. rings, watches, earrings, bracelets, or necklaces.
- **Do not** bring any valuables.