



## Preparation for Colonoscopy (Picosalax)

1) If you are on a blood thinning medication (e.g. warfarin, coumadin, Plavix), discuss with your doctor about withholding the medication **at least 3 days prior to the procedure**. (There is a risk of bleeding associated with the use of these medications.)

2) **7 days prior to your procedure - avoid foods that contain NUTS, WHOLEGRAINS OR SEEDS.**

3) Please adhere to the bowel preparation as described below. **You must finish your preparation (below) even if you are passing clear bowel motions.** The success of your examination depends on the bowel being as clear as possible, otherwise the procedure may need to be postponed and the preparation repeated.

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### BOWEL PREPARATION INSTRUCTIONS

#### 1 day before the procedure

Breakfast	<p><b><u>If procedure is before 11am</u></b>, you must have a light breakfast of white toast and a cup of tea or coffee. <b>NO SOLID FOOD AFTER BREAKFAST UNTIL AFTER YOUR PROCEDURE.</b></p> <p><b><u>If procedure is after 11am</u></b>, you must have a light breakfast AND lunch (white toast and tea/coffee). <b>NO SOLID FOOD AFTER LUNCH UNTIL AFTER YOUR PROCEDURE.</b></p> <p>After your last meal, drink at least 2L of clear liquids spread over several hours. e.g. 250ml every 30 minutes.</p> <p>Clear liquids should include a COMBINATION of the following:          ●water ●mineral water ●soda water ●apple juice ●pineapple juice ●Bonox          ●yellow jelly ●strained chicken noodle and or vegetable soup ●black tea and or coffee ●lemonade ●ginger ale ●sports drinks/cordials/soft drinks (no red/green/blue/purple)</p>
10 – 12 hours before procedure	<p>Mix 1 sachet of Picosalax with 150ml of cold water.          Start consuming your Picosalax.  <b>Then drink at least 2L of clear liquids spread over several hours. e.g. 250ml every 30 minutes.</b></p>
Overnight	<p>Drinking clear liquids is allowed until 4 hours prior to the start of the procedure.          E.g. If your procedure is expected to start at 9am, you can drink liquids until 5am.</p>

#### On the day of the procedure

5 hours before procedure	<p>Mix 1 sachet of Picosalax with 150ml of cold water.          Start consuming your Picosalax.  <b>STRICTLY NO LIQUIDS OR SOLIDS FROM 4 HOURS PRIOR TO THE START OF THE PROCEDURE</b></p>
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