

COLONOSCOPY PICO-SALAX BOWEL PREPARATION INSTRUCTIONS
IMPORTANT: PLEASE READ ENTIRE DOCUMENT

Dear:

Your procedure is scheduled with Dr. Robin Boushey on:

Date:

Arrival Time: **Procedure Time:**

Location:

IMPORTANT:

- **Please contact our office as soon as possible if you have malignant hyperthermia, a family history of malignant hyperthermia, pacemaker and/or defibrillator.**
- IF YOU ARE ON CHEMOTHERAPY OR HAVE A SURGICAL PROCEDURE PLANNED WITHIN 3 MONTHS OF YOUR COLONOSCOPY, PLEASE ADVISE OUR OFFICE IMMEDIATELY.
- YOU WILL BE OFFERED IV SEDATION FOR YOUR PROCEDURE. SHOULD YOU CHOOSE TO RECEIVE SEDATION, YOU CANNOT DRIVE, OPERATE HEAVY MACHINERY, CONSUME ALCOHOL OR SIGN ANY LEGAL DOCUMENTS FOR 24 HOURS FROM THE TIME SEDATION IS ADMINISTERED.
- YOU MUST PRE-ARRANGE TO HAVE A RESPONSIBLE ADULT TO TAKE YOU HOME AFTER YOUR PROCEDURE (EVEN IF TRAVELLING BY TAXI, BUS OR PARA TRANSPOR). THEY MUST GO TO THE ENDOSCOPY UNIT TO PICK YOU UP TO ENSURE YOUR SAFE PASSAGE THROUGH THE HOSPITAL.
- YOUR PROCEDURE WILL TAKE APPROXIMATELY 15 TO 30 MINUTES. ONCE COMPLETED, YOU WILL BE MONITORED IN THE RECOVERY ROOM FOR APPROXIMATELY 30-60 MINUTES
- PRESENT TO THE NEAREST EMERGENCY DEPARTMENT SHOULD YOU EXPERIENCE THE FOLLOWING SYMPTOMS AFTER YOUR APPOINTMENT: SEVERE ABDOMINAL PAIN, HEAVY BLEEDING, FEVER OR CHILLS.
- FOR SAFETY REASONS, WE ASK THAT YOU AVOID TRAVELLING FOR 7 DAYS AFTER YOUR PROCEDURE.
- ON THE DAY OF YOUR PROCEDURE PLEASE BRING WITH YOU, A VALID HEALTH CARD AND A LIST OF CURRENT MEDICATIONS. WE RECOMMEND THAT YOU WEAR LOOSE, COMFORTABLE CLOTHING, DO NOT WEAR ANY SCENTED PRODUCTS AND PLEASE LEAVE ALL VALUABLES AT HOME.

Robin P. Boushey, BSc, MD, PhD, CIP, FRCSC
Department of General Surgery – Colorectal Surgery
University of Ottawa, Assistant Professor of Surgery

The Ottawa Hospital, General Campus
Box 203, 501 Smyth Road
Ottawa, ON K1H8L6

MEDICATION LIST

Aspirin	Discontinue 7 days prior to your appointment unless otherwise directed.
Blood Thinners	Contact our office **DO NOT STOP ON YOUR OWN** Examples include, but not limited to this list: Plavix, Clopidogrel, Eliquis, Warfarin, Coumadin, Rivaroxaban, Agrylin, Pradaxa, Xarelto, Aggrenox. Dr. Boushey will send a request to our Thrombosis specialists so you can be given specific instructions on how to manage your blood thinner prior to your procedure.
Diabetic Medications	If you take 'intermediate or long acting insulin' at night, take only half the number of units you normally would take. DO NOT take the morning of your colonoscopy. DO NOT take 'immediate or short-acting insulin' on the morning of your colonoscopy. DO NOT take diabetic pills the morning of your colonoscopy.
Iron supplements	Discontinue 5 days before your procedure.
Anti Inflammatories	Discontinue 5 days before your procedure. Examples include, but not limited to this list: Advil, Naproxen, Celebrex, Motrin, Aleve, Midol.
Antidiarrheal	Discontinue 5 days before your procedure. Examples include, but not limited to this list: Pepto, Kaopectate, Imodium, Lomotil.
Over the Counter Medication for Pain or Headache	Use Acetaminophen ONLY. Examples include, but not limited to this list: Tylenol.
Prescription Pain Medication	Take as directed by your GP. Examples include, but not limited to this list: Hydromorphone, Dilaudid, Oxycocet, Oxycodone, Fentanyl Patch, Morphine.
Other Medications	Medications for blood pressure, thyroid, and cholesterol should be taken the morning of the procedure with sips of water.

PURCHASE THE FOLLOWING WELL BEFORE YOUR TEST:

- Pico-Salax with **3 sachets included**;
NOTE: If you have a history of kidney disease, congestive heart failure, an allergy to Sulfa medication or chronic constipation, contact our office as you will have to use an alternate preparation.
- These agents are intended to clean out your bowel and will cause cramping, bloating, and watery stools. The preparation will take effect within 1-3 hours of your first dose. Ensure you are close to a washroom you feel comfortable using.
- Gravol can be taken for nausea and zinc oxide ointment can be used to minimize irritation to anal skin during bowel preparation (optional).
- During the preparation time, you may drink unlimited amounts of the following clear fluids (avoid red or purple coloured fluids):
 - **Sport Drinks – Gatorade/Powerade **these are highly recommended as they will help to avoid dehydration****
 - Clear, pulp-free fruit juices (apple, white grape, white cranberry)
 - Clear Soups – vegetable broth, chicken broth or beef consume
 - Jell-O
 - Water
 - Kool-Aid
 - Popsicles
 - Clear Pop – Ginger Ale, 7-Up, Sprite
 - Tea or Coffee – do not add any milk, cream or creamer substitutes

SPECIAL DIET INSTRUCTIONS:

FIVE DAYS PRIOR TO YOUR APPOINTMENT please avoid consuming the following foods:

- Whole grain foods: Breads, cereals, and pastas
- Anything multigrain
- Brown or wild rice
- Oatmeal and granola
- Fruits and vegetables that contain seeds
- Legumes (Examples: Red beans, lentils, chick peas, dried peas)
- Nuts and seeds
- Popcorn
- Corn
- Fiber supplements (Example: Metamucil)

DAY BEFORE YOUR COLONOSCOPY:

Date:

***It is important to follow the steps in order as instructed. If the bowel preparation is not successful, you may have to repeat the preparation and procedure in the near future.**

DO NOT EAT ANY SOLID FOODS TODAY. CLEAR FLUIDS ONLY starting in the morning. Examples of clear fluids can be found on the previous page. Solid foods, milk or milk products are not allowed until after the colonoscopy is completed.

Please drink a variety of clear fluids – not just water. It is very important that you aim to drink approximately 4 litres of fluids today in order to avoid dehydration and to ensure a successful bowel preparation.

1. At **3:00pm** fill a mug with 150mL (5oz) of cold water. Empty the contents of 1 sachet into the mug. Stir until completely dissolved. Take note that there is a possibility the contents may become hot; continue to stir until cool. Drink the contents of the mug and continue to drink 1.5 – 2 litres of clear fluids until your next dose.
2. At **6:00pm** fill a mug with 150mL (5oz) of cold water. Empty the contents of 1 sachet into the mug. Stir until completely dissolved. Take note that there is a possibility the contents may become hot; continue to stir until cool. Drink the contents of the mug and continue to drink 1.5 – 2 litres of clear fluids.

DAY OF YOUR COLONOSCOPY:

Date:

1. **5 to 6 hours before your test** fill a mug with 150mL (5oz) of cold water. Empty the contents of 1 sachet into the mug. Stir until completely dissolved. Take note that there is a possibility the contents may become hot; continue to stir until cool. Drink the contents of the mug and drink 1 litre of clear fluids. NOTE: *You may have to get up in the middle of the night or very early to complete this step.*
2. It is important you finish your preparation at least 4 hours prior to your scheduled procedure time.

**** YOU MUST STOP DRINKING ALL FLUIDS 4 HOURS BEFORE YOUR PROCEDURE TIME****

This step is essential to ensure that your stomach is empty for your procedure. If your stomach is not empty, your procedure may be cancelled. If you need to take medication within the 4 hours of your appointment, take with a sip of water only.

OUR OFFICE REQUIRES A MINIMUM OF 7 BUSINESS DAYS NOTICE TO CANCEL OR RE-SCHEDULE YOUR APPOINTMENT. IF SUFFICIENT NOTICE IS NOT PROVIDED, A \$250 FEE MAY APPLY (THIS IS AT THE DISCRETION OF THE PHYSICIAN).