



Provis Rudd Clinics

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PICO SALAX INSTRUCTIONS FOR COLONOSCOPY

Date&Time: _____ **Doctor:** _____

Purchase the following: 1 box Pico-Salax (2 sachets) and 1 box Pico-Salax (1 sachet)

- You must arrange for someone to accompany you to and from the clinic as you will not be able to drive for 24 hours following sedation. The person picking you up must meet you in the recovery area of the clinic.
- Bring juice, Gatorade or Powerade for after your procedure to restore energy.
- Wear loose fitted clothing to your appointment and do not bring any valuables.
- If you require a translator they must be present with you for your appointment.
- No cannabis use 48 hours prior to your procedure.

7 days before your appointment: Stop eating all seeds, nuts and grains including multigrain breads, flax seeds, fruits/vegetables with seeds (ie: tomatoes, cucumbers, watermelon, all types of berries)

Day before your appointment:

From the time you wake up you must remain on clear fluids only, no food. Clear fluids such as water, apple juice, clear or white Gatorade, 7-up, Sprite, ginger ale, white grape juice and white cranberry juice. No milk or dark fluids.

At 4pm: Take the first sachet of Pico-Salax mixed with 8 oz. of cold water. Follow this with 2 bottles of clear Gatorade or Powerade (a glass every 15 minutes) and continue with more clear fluids.

At 7pm: Take the second sachet of Pico-Salax mixed with 8 oz. of cold water. Follow this with 2 bottles of clear Gatorade or Powerade (a glass every 15 minutes) and continue with more clear fluids.

Morning of your appointment:

3-4 hours before your appointment: Take the third sachet of Pico-Salax mixed with 8 oz. of cold water. Follow this with 2 bottles of clear Gatorade or Powerade (a glass every 15 minutes) and continue with more clear fluids.

For colonoscopy: Stop drinking all fluids including water 2 hours before your appointment

Colonoscopy with Gastroscopy: Stop drinking all fluids including water 3 hours before your appointment

Medication Restrictions (please confirm with your family doctor):

Stop Xarelto, Pradaxa, Eliquis 2 days prior to procedure

Stop Coumadin and Warfarin 5 days prior to procedure

Stop Plavix, Brilinta, Ticlid, Iron supplements 7 days prior to procedure

Stop oral diabetic medications the evening before and the morning of the procedure. If you are on Insulin please discuss with your doctor about cutting the morning dose in half. Stop Ozempic 14 days prior.

Medication for blood pressure, thyroid, cholesterol can be taken morning of appointment with a sip of water

You can take Tylenol or prescribed medication for pain control