

## **COLONOSCOPY INSTRUCTIONS**

Purchase **PICO-SALAX** (oral laxative) from your local pharmacy. You do not require a prescription.

**STARTING AT NOON, 2 DAYS PRIOR TO YOUR PROCEDURE YOU ARE ALLOWED CLEAR FLUIDS ONLY** (e.g. clear fruit juices, consomme soups, broths, water, gelatin/jello, pop, black coffee or tea. NOTHING RED)

Drink at least 4 litres of clear fluids daily during the 2 day diet restriction.

**DRINK PICO-SALAX** according to the directions provided below.

### **\*\*PICO-SALAX INSTRUCTIONS\*\***

Two dose packages are included in each box and are normally **TAKEN 6-8 HOURS APART THE DAY BEFORE** the hospital procedure.

Unless otherwise directed by your doctor, please follow the directions below. If you have special dietary requirements, please discuss this with your doctor.

#### **\*ADULTS\***

Empty the contents of **ONE PACKAGE** into a mug or coffee cup.

Add 150ml (approximately 5oz) of cold water and stir frequently for 2-3 minutes. The mixing of PICO-SALAX and cold water may cause the solution to become hot. Cool sufficiently before drinking.

#### **\*FIRST DOSE\***

**1 PACKAGE BEFORE** 10 a.m., the day before the procedure.

#### **\*SECOND DOSE\***

**1 PACKAGE about** 4 p.m., the day before the procedure.

**DO NOT EAT OR DRINK AFTER MIDNIGHT THE NIGHT BEFORE THE PROCEDURE.**

Report to the hospital at your scheduled time.

Make arrangements for someone to drive you home following the procedure.

**PLEASE DO NOT HESITATE TO ASK IF YOU HAVE ANY QUESTIONS.**

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