

PLEASE READ COMPLETELY

If you have any questions with these instructions page Gail Stewart at 416 715-7448

These instructions have been prepared to help you understand the procedure for cleansing the colon (large intestine). A thorough examination depends on your colon being carefully cleansed and emptied. Stool remaining in the colon can obscure important details, resulting in the exam having to be repeated at another time. To prepare for your procedure you must follow the dietary instructions and take the Pico Salax as directed. You will need to pick up the Pico Salax at your local pharmacy (either in the laxative aisle or behind the counter).

IMPORTANT INFORMATION

What is a colonoscopy?

Colonoscopy is a procedure to visually examine the lining of the colon and rectum. It is used to diagnose problems of the colon and rectum and to perform biopsies and remove polyps. The examination usually lasts 10 to 20 minutes.

7 Days BEFORE Your Test:

- Discontinue any aspirin (ASA-Medication containing Aspirin such as Motrin, Advil, Ibuprofen) or iron containing medications or products. *Tylenol can be taken.*
- Do not eat any food containing seeds (kiwi, raspberries, strawberries, poppy seeds, flax, sesame, tomatoes, etc.).
- If you are taking Warfarin, Coumadin or Plavix or have any kidney diseases, you must page Gail Stewart at 416 715-7448.

3 Days BEFORE Your Test

- Do not eat foods containing grains or nuts (regular cereal & whole wheat breads are ok)

The Day BEFORE Your Test

- **NO SOLID FOOD and NO DAIRY PRODUCTS**
- **Drink only CLEAR fluids** for breakfast, lunch and dinner (apple juice, Gingerale, water, lemon lime Gatorade). **NOTHING TO DRINK THAT IS RED OR PURPLE IN COLOURING.**
- **6:00 pm – add 1 package of Pico Salax to 120ml (1/2 cup) of water or Gatorade, mix for 2 minutes and drink.**
- Drink a minimum of 4 large glasses of Gatorade (first choice), Gingerale or water during the evening after you have taken the phosphate solution. The preparation may start working within 30 minutes or up to 4-6 hours and may cause abdominal bloating, cramping and occasional vomiting. 50 mg of Gravol may be taken.

The Day of Your Test

- **4 hours prior** to procedure, add 1 package of **Pico Salax** to 120ml (1/2 cup) of water or Gatorade and drink. **Immediately** follow this with 2 to 4 glasses of Gatorade (first choice), gingerale or water.
- **Then drink as much clear fluid as desired until 1 hour BEFORE your procedure.**
- Arrive to your appointment 30 minutes in advance

ADDITIONAL INFORMATION

- ✓ **You will need to purchase Pico Salax from your local pharmacy – make sure it has 2 packages (a prescription is not needed)**
- ✓ No Solid Food and No Dairy Products – **ONLY** clear fluids for breakfast, lunch and dinner
- ✓ You will be given a local anesthetic (you will not be put completely out) to assist with anxieties and/or discomfort you may feel.
- ✓ You are **not** permitted to drive post-procedure for 12 hours (you may take a taxi or the TTC). Make arrangements for someone to accompany you home. If you do not make arrangements your procedure may not be done.
- ✓ You may take Gravol if nausea and/or vomiting occurs – It may cause drowsiness
- ✓ Kindly refrain from wearing perfume or cologne due to sensitivity
- ✓ Please arrange to be at Cleveland Clinic Canada for 2 ½ hours
- ✓ Bring a list of your medications

Acceptable Clear Fluids

- ⇒ Gingerale
- ⇒ Water
- ⇒ Chicken/beef Broth
- ⇒ Lemon Lime Gatorade
- ⇒ Apple Juice/White Grape Juice
- ⇒ Jell-O
- ⇒ **NOTHING** red or purple in colouring as it may appear as blood within the colon