

SAMPLE INSTRUCTIONS ONLY. PLEASE CONTACT OUR OFFICE FOR INSTRUCTIONS SPECIFIC TO YOU.

PREPARATION BEFORE YOUR PROCEDURE

PURCHASE 1 (ONE) BOX OF PICO-SALAX, 3 (THREE) TABLETS OF DULCOLAX, AND CLEAR FLUIDS.

1 WEEK BEFORE YOUR PROCEDURE:

*Stop any medications containing acetylsalicylic acid (Aspirin) or NSAIDs [e.g., ibuprofen (Advil, Motrin), naproxen (Naprosyn), rofecoxib (Vioxx), celecoxib (Celebrex), etc.] as the risk of bleeding with these medications is higher. IF YOU ARE TAKING BLOOD THINNERS, NOTIFY OUR OFFICE IMMEDIATELY.

*Stop any iron supplements (e.g., multivitamins with iron or iron tablets).

4 DAYS BEFORE YOUR PROCEDURE:

*Stop any foods containing seeds.

***THE DAY BEFORE YOUR PROCEDURE:**

TAKE ALL 3 TABLETS OF DULCOLAX WHEN YOU GET UP IN THE MORNING

****DRINK PLENTY OF CLEAR FLUIDS DURING THE ENTIRE TIME OF YOUR CLEANSE PROCESS - THE MORE, THE BETTER.****

ALLOWED: WATER, APPLE JUICE, WHITE CRANBERRY JUICE, PULP-FREE ORANGE JUICE OR LEMONADE, CONSOMME OR BOUILLON, JELLO, COFFEE, TEA, GATORADE, SODA, AND POPSICLES (MUST NOT CONTAIN RED, BLUE, OR PURPLE COLOURS).

DO NOT DRINK ONLY WATER. YOUR BODY NEEDS CALORIES.

NO SOLID FOOD ALLOWED. NO MILK OR DAIRY PRODUCTS ALLOWED.

7:00 PM THE EVENING BEFORE YOUR PROCEDURE: ADD THE FIRST PACKET OF PICO-SALAX TO HALF A GLASS OF WATER

STIR CONSISTANTLY UNTIL THE LAXATIVE IS DISSOLVED AND DRINK. DRINK ONE LITRE OF CLEAR FLUIDS WITHIN AN HOUR AFTERWARDS AND AT LEAST ONE GLASS OF CLEAR FLUID EVERY HOUR AS LONG AS YOU FEEL THE EFFECTS. IF YOU FEEL NAUSEATED, YOU MAY TAKE GRAVOL.

4 HOURS BEFORE YOUR PROCEDURE: ADD THE SECOND PACKET OF PICO-SALAX TO HALF A GLASS OF WATER

STIR AND DRINK. DRINK ONE LITRE OF CLEAR FLUID WITHIN AN HOUR. YOU MAY CONTINUE TO DRINK CLEAR FLUIDS UP TO THE TIME YOU LEAVE FOR THE HOSPITAL.

CHECK IN 1 HOUR BEFORE YOUR APPOINTMENT.

SEDATION WILL BE GIVEN AT THE HOSPITAL. YOU MUST ARRANGE FOR A RIDE HOME.

EXPECT TO BE AT THE HOSPITAL FOR APPROXIMATELY 2 HOURS. YOU WILL NOT BE ALLOWED TO LEAVE THE HOSPITAL WITHOUT A RESPONSIBLE PERSON TO STAY WITH YOU FOR 24 HOURS AFTER THE PROCEDURE.