



OAKVILLE ENDOSCOPY CENTRE INC.

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## Pico-Salax® Preparation

**\* If you have a recent history of congestive heart failure, cirrhosis or kidney disease, please use the Bi-PegLyte preparation or contact the Oakville Endoscopy Centre for more information\***

Please note that we strongly recommend using Pico-Salax® for the preparation. We do not recommend using generic brands. Our experience has been that the generic brands are less tolerated and bowel preps are not as adequate as Pico-Salax®

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### Cancellation

If you fail to show up for your procedure, reschedule or cancel your appointment within 1 week (7 days) of your confirmed procedure date you will be charged a cancellation fee of \$100.

### Informed Consent

You will be asked to sign a consent form before the procedure is performed. The doctor performing the procedure will discuss this with you.

**Notify the OEC Immediately if you have any of the following; for safety reasons, your procedure may be cancelled if any of the factors below are present.**

- If you are taking any non-ASA blood thinners (including but not limited to Aggrenox/Dipyridamole, Brilinta/Ticagrelor, Cilostazol, Effient/Prasugrel, Eliquis/Apixaban, Plavix/Clopidogrel, Pradaxa/Dabigatran, Savaysa/Edoxaban, Ticlic/Ticlopedine, Warfarin/Coumadin, Xarelton/Rivaraxaban).
- If you are on home oxygen.
- If you are experiencing moderate to severe flu-like symptoms.
- If you are experiencing any GI-related symptoms (blood in stool, abdominal pain, change in bowel habits).
- If you contract an infectious disease.
- **If your BMI (body mass index) is over 45.** A BMI calculator is available on [www.theoec.ca/prep-sheet](http://www.theoec.ca/prep-sheet)

As you will be sedated for the procedure, you will not be allowed to drive until the next morning. You will need to make arrangements for someone to accompany you when you leave the clinic. You are not allowed to drive home, or to leave the clinic alone, or to take a taxi unaccompanied. **If you have not arranged to be accompanied home, your scope will be rescheduled to another day. There are no exceptions.**

Continue taking all of your prescribed medications, including Aspirin, up to the day of the procedure. The only exception is any non-ASA blood thinners (in which case call us immediately, as stated above).

**\* Diabetic patients: please bring your glucometer with you to the clinic \***

## PREPARATION

### You will need to buy:

- 1 box Pico-Salax® (each box has 2 packets)
- 3 bisacodyl tablets (such as Dulcolax®)

\*Most local pharmacies carry these items. Prescriptions are not needed, just ask your pharmacist for them.

### 7 Days before the procedure:

- Stop taking fibre supplements (Flax seed, Metamucil®, etc). Do not eat nuts and grains. If possible, reduce your fibre intake.

### 3 Days before the procedure:

- **Do not consume any seeds, nuts, and limit your fresh fruit and vegetables intake, and multigrain products – anything that is high on fibre**

### 1 Day before the procedure:

- You will not eat today. You will be on a liquid diet until your colonoscopy is over.
- Throughout the 2 day preparation, drink a minimum of **4 litres** of clear fluids. **Do not drink only water. Vary your fluids.**
- **Clear fluids include: water, apple juice, white cranberry juicy, white grape juice, ginger ale, chicken or beef broth (or other clear broth), tea (without milk – sugar is fine), Gatorade®, Jello®.**
- Do not drink coffee, dairy products, or anything coloured red, purple or blue. Try to avoid dark-coloured beverages. Yellow and green are the safest options.
- Diabetics – continue your medication and take 1 meal replacement (such as Glucerna® or Resource®) at each meal today.
- **4:30PM day before procedure- take 2 bisacodyl tablets**
- **5:00PM day before procedure- take 1 packet of Pico-Salax®.** Mix the contents of the packet with a glass of cold water (150 ml). If it heats up, let it cool. Stir until it is completely dissolved and drink the liquid.
- **Drink a minimum of 3 litres of clear fluids over the next three to four hours – more is better, if possible. DO NOT DRINK WATER ALONE. You should drink some sort of a balanced electrolyte solution.**
- Your bowels will usually start to move within 1 hour, producing a series of watery bowel movements.

### Day of the procedure:

- **4 hours before appointment time, take 1 tablet bisacodyl.** Right after take the **2nd packet of Pico-Salax®** following the **same instructions as for the first packet.**
- **Continue to drink at least 1.5 litres of clear fluids, from the time you wake up until 3 hours before the procedure.**
- Diabetic patients: if you want to take a meal replacement, (such as Glucerna® or Resource®) you have to take it 6 hours prior to your procedure.
- **You will have nothing to drink two hours before the procedure, to ensure safety for the sedation.**

**\*The more clear liquids you drink more effective the preparation will be\***

\*By this point, if you have been drinking enough water, your stool or bowel movements will be clear pale yellow liquid with no solids and will look almost like urine.

Remember to bring your OHIP card and a list of current medications. Please be sure to wear loose, comfortable clothing and flat shoes.

### **At the Procedure**

This is a routine procedure.

You will be given the option of taking sedation and we recommend that you do so. Sedation relieves discomfort and relaxes the bowel since it is not used to things going in the opposite direction.

You can expect to be at the clinic for approximately 2 hours from the time you arrive until the time you leave. However, due to the nature of medical procedures, the time may be longer. Please ensure some flexibility on the part of the person picking you up at the clinic.

You will receive post colonoscopy instructions after your procedure is complete, including the preliminary findings.

A copy of your procedure report will be sent to your family doctor 6-8 weeks after your procedure. Do not contact the Oakville Endoscopy Centre for your results – they are to be discussed with your family doctor.

### **Directions**

2125 Wycroft Road, back entrance, Oakville, Ontario.

Major Intersection: Third Line and Wycroft, south of the QEW.

There is ample parking.

If you have any questions, you can contact us at 905-842-3666.