



**OAKVILLE ENDOSCOPY CENTRE INC.**

2125 Wycroft Road, Unit 5  
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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 Policy and Fees:**

**If you fail to show up for your procedure, reschedule or cancel your appointment less than 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 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 you have experienced any cardiac issues within the past 12 months.
- If you are in a wheelchair
- **If your BMI (body mass index) is over 45.** A BMI calculator is available at [www.theoec.ca/prepsheet](http://www.theoec.ca/prepsheet)

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 by yourself, leave the clinic alone, or to take a taxi unaccompanied. **If you have not arranged to be accompanied home, your procedure 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).

## **PREPARATION INSTRUCTIONS:**

Items to purchase (available over the counter at most pharmacies, prescriptions are not needed):

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

### **7 Days before the procedure:**

- Stop taking fibre supplements (Flax seed, Metamucil®, Bran Buds cereal, etc). If possible, reduce your fibre intake, by eliminating nuts and grains from your diet.

### **3 Days before the procedure:**

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

### **1 Day before the procedure:**

- You will not have any solid foods today. You will be on a liquid diet until your colonoscopy is over.
- Start drinking clear fluids from the moment you wake up, and continue to do so throughout the day.
- **Clear fluids include: water, apple juice, white cranberry juice, ginger ale, chicken or beef broth (or other clear broth), tea, coconut water, 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 – the more you can drink, the better the results would be. 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 (however this varies between each person).

### **Day of the procedure:**

- **6 hours before appointment time, take 1 tablet bisacodyl.** Right after mix and consume 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.**
- By this point, if you have been drinking enough fluids, your stool or bowel movements will be clear pale-yellow liquid with no solids and will look almost like urine.

**You will have nothing to drink 3 (three) hours before the procedure, to ensure safety for the sedation.**

**\*The more clear fluids you drink during your 2 day prep, the more effective the preparation will be\***

Remember to bring your OHIP card and the filled out copy of your medical history form. Please be sure to wear loose, comfortable clothing and flat shoes.

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

**\* If you are using a hearing aid on a regular basis, please bring it with you\***

### **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 8-12 weeks after your procedure.

### **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.