

**Your procedure is scheduled for:**

DATE: \_\_\_\_\_ TIME: \_\_\_\_\_ am/pm

LOCATION: \_\_\_\_\_

(Physician's office)

Register at hospital/clinic by \_\_\_\_\_ am/pm

# PICO-SALAX® Patient Instructions

A strong laxative must be taken before your procedure.

- Cranberry flavour     Orange flavour

Your doctor has recommended PICO-SALAX, which is available without a prescription at your local pharmacy.

**IMPORTANT!**

YOU WILL NEED TO BE NEAR A TOILET AFTER YOU START TAKING THIS MEDICINE AS IT CAN START WORKING WITHIN 2 TO 3 HOURS.



**SPECIAL INSTRUCTIONS:**

- No solid foods day before colonoscopy
- No nuts or seeds 3 days before colonoscopy
- Other instructions

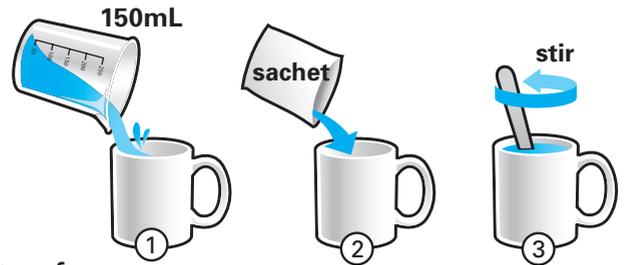
**Please advise your doctor if you are taking:**

1. Aspirin<sup>†</sup> (ASA), or medications containing ASA \_\_\_\_\_
2. Blood thinners such as Coumadin<sup>†</sup> (warfarin) \_\_\_\_\_
3. Iron pills or a multivitamin containing iron \_\_\_\_\_
4. Ticlid<sup>†</sup> (ticlopidine), or Plavix<sup>†</sup> (clopidogrel) \_\_\_\_\_
5. Diabetic medications \_\_\_\_\_
6. Other medication(s) \_\_\_\_\_

Your procedure is scheduled for	Take your first sachet at	Take your second sachet at
Morning	Time: _____	Time: _____
Afternoon	Time: _____	Time: _____ (next day)

**HOW TO TAKE PICO-SALAX:**

1. Fill a mug with **150mL (5oz) cold water**
2. Empty contents of one sachet in a **MUG** (rarely, mixture may heat up – allow to cool before drinking)
3. **Stir** for 2 to 3 minutes until completely dissolved
4. Following each sachet, drink 1.5 to 2 litres of a variety of clear fluids\* over 4 hours. **DO NOT DRINK JUST WATER ALONE**



\*Recommended clear fluids include any fluid that you **can see through** that is **not red or purple** such as: sports drinks (e.g. Gatorade<sup>†</sup>), Pedialyte<sup>†</sup>, Gastrolyte<sup>†</sup>, Kool-Aid<sup>†</sup>, clear broth (chicken, vegetable or beef with no noodles, meat or vegetables), fruit juices (e.g. apple, white (not red) cranberry, white (not purple) grape), tea or coffee (black, sweetened to taste, **no** milk, cream or soy), clear sodas (e.g. ginger ale), plain Jell-O<sup>†</sup> (not red or purple), Popsicle<sup>†</sup> (not red or purple) and water. Diabetics can use a fibre free supplement/meal replacement.

Track your fluid intake by checking off each 250 mL portion after you have taken it

	1 <sup>st</sup> hour	2 <sup>nd</sup> hour	3 <sup>rd</sup> hour	4 <sup>th</sup> hour	
<b>First sachet</b>					=
<b>Second sachet</b>					=

Stop taking fluids **4 hours** prior to your procedure. You can drink a small amount of water to satisfy your thirst.



Toronto (Ontario) M2J 5C1  
 1-800-263-4057

© 2012 Ferring Inc. All rights reserved.

© PICO-SALAX is a registered trademark of Ferring B.V.  
 † all other trademarks are the property of their respective owners

**For more info and other languages [www.pico-salax.ca](http://www.pico-salax.ca)**

# Understanding Your Colonoscopy Procedure

## What is a colonoscopy?

A colonoscopy is a procedure that allows a doctor to examine the lining of your colon (large intestine) for ulcers, inflammation, polyps (small growths, usually benign[non-cancerous]) or cancer. It is often used to investigate symptoms such as abdominal pain, rectal bleeding, weight loss or changes in bowel habits. A long flexible tube with a video camera is passed through the anus into the rectum and around the colon. The image of the lining of your colon is shown on a TV monitor in the same room so the doctor can look for: causes of bleeding, polyps, any abnormalities or inflammation (for IBD patients). If polyps are found, they are usually removed during this procedure. Very small tissue samples (biopsies) can be taken during the procedure if necessary.

## Preparation

In order for your doctor to see the colon lining clearly, your colon must be completely empty. To prepare for the procedure you will have to take a powerful laxative to clean the colon, as explained on the other side of this sheet.

Before undergoing the procedure, tell your doctor or medical assistants if you have any medical conditions such as heart or lung disease, allergies, or if you have been told to take antibiotics before other procedures, or other medical condition that may need special attention.

**You must arrange for someone to take you to and from the appointment, as you will be drowsy following the procedure. Do not drive or operate machinery for the remainder of the day, even if you feel ok, as you are considered legally impaired.**

## What should you expect?

You must register at the hospital/clinic before your test. You will change into a hospital gown. Then a nurse will ask you a few questions, give you a consent form to sign and take your blood pressure and pulse. An intravenous line may also be set up. Many patients are uneasy about the procedure, so medications can be given through the intravenous to help you relax. You will not be asleep (like during surgery) but so relaxed that you might not remember the procedure.

It may be necessary for the doctor to add air into your colon to help with the examination. This may cause abdominal pressure or cramping, which will pass after your exam is finished.

You will then be in the recovery area until the effects of the intravenous medication wear off.

## What are the risks?

A colonoscopy is a safe procedure and has very low risk when performed by physicians who have been specially trained. However, possible complications are:

- Perforation (a tear) in the colon wall after the colonoscopy - about 1 in 1,500, or following removal of a polyp - about 1 in 500. It may require surgery to repair or be managed with antibiotics and intravenous fluids.
- Bleeding following a colonoscopy - about 1 in 2,000, following removal of a polyp - about 1 in 500.
- Allergic reactions to the intravenous medications (including rash, fever or breathing problems).
- A tender lump where the intravenous is placed in your arm may develop which may stay for up to several months but goes away. Apply heat packs or hot, moist towels to relieve the discomfort.
- Heart problems, or a stroke can occur in a patient with underlying medical problems, but are very rare.
- No test in medicine is perfect: rarely polyps and cancers are missed (2-6% missrate)<sup>1</sup>.

**If you have any severe abdominal pain, fever or chills, or passage of red blood or black stools, or any other unusual symptoms, you must call your physician or go to the Emergency Department of your nearest hospital immediately.**