

NORTH BAY GENERAL SURGERY

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Colonoscopy and Gastroscopy Bowel Prep Instructions

3-Day Prep (Pico-Salax)

YOUR PROCEDURE DATE: _____ **with Dr.** _____

ARRIVAL TIME TO THE DAY SURGERY UNIT AT NORTH BAY REGIONAL HOSPITAL: _____

Planning for Procedure

- Please confirm your appointment one-week in advance. **Seven-day notice is required if you cancel a scope. A \$200 charge may occur if appropriate notice is not given.**
- Please review this sheet one-week before your colonoscopy.
- If you have diabetes, please ask your prescribing physician for additional diet and medication instructions. Diabetics may have 1 to 2 cans of Ensure, without added fiber, during normal meal times.
- If you take any blood thinners (anticoagulants), please ask your prescribing physician for additional instructions. If you are on ASA 81mg daily, you may continue to take them as usual.

What Supplies Do I need to Prepare in Advance?

- Eight (8) Dulcolax/Bisacodyl laxative tablets
- Two (2) Box of Pico-Salax, there are two doses in each box. **It is very important that you get the name brand Pico-Salax and not a generic substitution.**
- Dulcolax tablets and Pico-Salax are available without a prescription at your pharmacy
- 4.5-liters of clear liquid (not water): we recommend that some of these fluids be Gatorade or other electrolyte replacement sport drink (**not red or purple in color**). See list of acceptable clear fluids on next page.

Following are the Instructions for taking medication and preparing for your colonoscopy.

Follow the instructions carefully to ensure a successful procedure.

7-Days before colonoscopy:

- A low fiber diet is recommended to assist the bowel prep. Avoid eating any foods containing seeds, nuts or whole grains for 7-days prior to your colonoscopy. This includes jams, fruit with small seeds, whole grain breads, corn, popcorn, etc.

3-Days before the Colonoscopy:

Date: _____

When you wake up in the morning, you will begin a clear fluid diet. Ensure that you continue to drink throughout the day to avoid dehydration. We recommend 1 cup of fluid for every hour that you are awake. (Refer to the table below to check which clear fluids are acceptable and not acceptable to drink).

2-Days before the Colonoscopy

Date: _____

Continue to drink clear fluids only.

At 6pm, take the 4 Dulcolax tablets. Take 1st sachet (instructions on how to mix are in the package), follow by drinking 1.5 to 2 Liters of clear fluids. **Do not drink only water.**

Allowed Clear Fluids:	Non-clear fluids: - not allowed
<ul style="list-style-type: none">• Gatorade, Pedialyte, or Powerade• Coffee or Tea (No milk or non-dairy creamer added)• Ginger Ale or other clear soft drinks• Apple juice or white fruit juices• Jell-O, popsicles, Freezies• Clear broth soups	<ul style="list-style-type: none">• NO red or purple liquids• NO juice with pulp• NO milk or non-dairy creamer• NO liquids that you cannot see through• NO alcohol• Do not drink only water

1-Days before the Colonoscopy:

Date: _____

Continue clear fluids for today

At 6pm, take the 4 Dulcolax tablets. Take 2nd sachet (instructions on how to mix are in the package), follow by drinking 1.5 to 2 Liters of clear fluids. **Do not drink only water.**

Day of your Colonoscopy

Date: _____ Prep start time: _____ and finish time: _____

- Take 1 sachet from 2nd box of Pico-Salax (instructions on how to mix are in the package), 2-4 hours prior to your arrival time, follow by drinking 1.5 to 2 Liters of clear fluids. **Do not drink only water.**
- You may take all your regular scheduled medication with clear fluids. Follow instructions from your prescribing physician about any blood thinners or diabetes medication.
- **Stop drinking all fluids 1-hour before your colonoscopy scheduled arrival time.**
- Remove all jewelry and nail polish before arriving at the hospital
- Bring your Health Card and a list of medication to the hospital with you.
- **Please ensure that you have a driver to take you home after your procedure and remain with you overnight;** as you will not be allowed to drive or operate heavy machinery for 24hrs after being sedated. You will not be allowed to drive yourself home or leave the hospital unaccompanied. If you do not have a driver your colonoscopy will be cancelled.

After your Colonoscopy

- Please call your physician or report to the nearest ER department if you experience any severe abdominal pain, fever, chills, passage of red blood or black stools, or any other unusual concerning symptoms.