

## Preparing for Your Colonoscopy and Gastroscopy (PICO-SALAX)

**About the Procedure:** You are having a test called a colonoscopy and gastroscopy. This is an examination of your entire large bowel, esophagus, stomach and a portion of your small bowel. To ensure the bowel is as clean as possible, it is very important to follow the steps in the preparation instructions as it is possible to miss growths if stool is present. Your healthcare team considers your bowel empty when you are only passing liquid. The liquid may be clear, yellow or coloured with flecks of stool. If you do not complete your prep as instructed your appointment may be cancelled.

### Seven (7) days before your colonoscopy and gastroscopy

**Call the doctor's office if you are taking any of the following blood-thinning medications:**

Apixaban (Eliquis®)	Clopidogrel (Plavix®)
Rivaroxaban (Xarelto®)	Ticagrelor (Brilinta®)
Edoxaban (Lixiana®)	Prasugrel (Effient®)
Dabigatran (Pradaxa®)	Warfarin

- **Stop taking:** iron tablets and vitamins. Continue all other medications unless told otherwise.
- **Stop eating:** nuts and seeds, e.g., flax, sesame and chia seeds, berries and popcorn.

**If you have diabetes:** You should have received the *Preparing for Your Colonoscopy: Adjusting Your Diabetes Medication* handout. Please review.

**Make plans to take time off work:** Consider taking the day off work before the colonoscopy and gastroscopy to complete your bowel preparation. You should plan to be off work the day of your colonoscopy and gastroscopy.

**Make transportation arrangements:** You will need a trusted person to take you home after the colonoscopy and gastroscopy procedure.

**Buy one (1) box of PICO-SALAX** from the pharmacy. A prescription is not needed.

**If you need clarification about your colonoscopy and gastroscopy preparation, please contact the physician doing the procedure for direction.** If your colonoscopy was booked through the Colorectal Cancer Screening Program, please call the Nurse Navigator at 1-855-733-0762.

If you have an emergency the day of the colonoscopy and gastroscopy, you must call the Endoscopy Unit where your procedure is scheduled:

- QEH Endoscopy Unit Tel: 902-894-0055
- PCH Endoscopy Unit Tel: 902-432-2541

## **The day before your colonoscopy and gastroscopy**

- **Do not eat** any solid foods.
- You should **consume 3 to 4 litres of clear liquids** in addition to the bowel preparation solution to stay hydrated. You may drink the following liquids up until 2 hours before the colonoscopy and gastroscopy:
  - Sports drinks, e.g., Electrolyte Gastro, Gatorade or Powerade
  - Light-colored soft drinks, e.g., Sprite, Ginger Ale, 7-UP
  - Water
  - Kool-Aid, iced tea, lemonade
  - Black or herbal tea, coffee without milk products or substitutes
  - Pulp-free fruit juices, e.g., apple, white grape, and white cranberry
  - Clear soups, e.g., broth/bouillon
  - Pulp-free coconut water
  - Popsicles
  - Jell-O
  - **no red, blue or purple coloured liquids; no dairy drinks; no alcohol.**

**Prepare and refrigerate** your bowel preparation solution according to the directions on the container. Chilling improves the taste and drinking through a straw helps bypass the taste buds.

**If you have diabetes:** try to maintain your regular caloric intake in liquid form. Test your blood sugar several times throughout the day including before bedtime.

## **What to expect after your first dose of the bowel preparation solution?**

- Remain close to a toilet. You will have frequent diarrhea-type bowel movements. Cramping can occur and is considered normal.
- The solution usually starts working within 1-3 hours **but may take longer**. It may take up to 6 to 8 hours or more for some people. Your next dose will take less time to work. Keep this in mind if you are travelling the day before your procedure.
- Gravol 25-50 mg and other medications (e.g., Tylenol/migraine medication) may be taken by mouth if needed when completing the bowel preparation up until 3 hours before your colonoscopy and gastroscopy.

## Hospital Appointment and Arrival Information

### Hospital Arrival

You must arrive and register in the Admitting Department **60 to 90 minutes** before your scheduled colonoscopy and gastroscopy. If your appointment is at 8:00 AM, please arrive and register at 7:00 AM.

The colonoscopy and gastroscopy will take 30 to 45 minutes to perform, and you need to stay 30 minutes to 1 hour after it is over. Plan to be at the hospital for 2 to 3 hours from start to finish.

### Hospital Checklist

- Bring a list of current medications
- Bring a translator if you do not understand or speak English
- Bring a support person if you require assistance
- Bring your PEI Health Card or proof of substitute medical insurance plan
- **Do not** wear any jewelry, e.g., rings, watches, earrings, bracelets, or necklaces
- **Do not** bring any valuables

### REMINDER:

- If you received **sedation medication** for the colonoscopy and gastroscopy, you are considered impaired for up to 24 hours after the test:
  - You should not sign any legal documents.
  - You will not be able to drive yourself home. You will need a trusted person to meet you at the Endoscopy Unit. If you do not have a driver your test will be cancelled. A taxi is acceptable only if a trusted individual is accompanying you.
  - You should not drink alcohol or take sleeping pills or anti-anxiety medications.
  - You should not be responsible for another person's care, e.g., a baby, young child, or person in poor health.
- If you take blood-thinning medication, discuss when to restart these medications after your colonoscopy and gastroscopy with the doctor. Resume all other medications as usual unless told otherwise.

## Pico-Salax Bowel Preparation Instructions

### At 7:00 PM the day before the colonoscopy and gastroscopy:

- Fill a glass with 150 ml (5 oz) of cold water. Empty the contents of one (1) sachet into the glass (if the solution heats up, allow it to cool before drinking). Stir the solution for 2 to 3 minutes until completely dissolved. The solution should be cloudy and off-white.
- **Drink the first dose** of the PICO-SALAX solution (150 ml) followed by 1.5 to 2 litres of clear fluids.

### Four to six (4 to 6) hours before the colonoscopy and gastroscopy:

- Fill a glass with 150 ml (5 oz) of cold water. Empty the contents of the second sachet into the glass (if the solution heats up, allow it to cool before drinking). Stir the solution for 2 to 3 minutes until completely dissolved. The solution should be cloudy and off-white.
- **Drink the second dose** of the PICO-SALAX solution (150 ml) followed by 1.5 to 2 litres of clear fluids. *Note: If you have an early morning appointment, you will need to get up in the middle of the night to finish the solution.*

### Two (2) hours before colonoscopy and gastroscopy:

- No eating or drinking.