

Preparation for Colonoscopy

Morning Appointment

PICO-SALAX and Magnesium Citrate

PROPER PREPARATION IS EXTREMELY IMPORTANT FOR THIS TEST.

A clean bowel is essential for the success and safety of your colonoscopy. Your appointment will be cancelled if the following instructions are not followed and proper bowel preparation is less than adequate.

IMPORTANT DIETARY AND MEDICATION RESTRICTIONS

- If you are diabetic, you must speak with **your family physician** (or the physician who prescribed your diabetes medication) about using insulin or pills for your diabetes on the day of your procedure.
- If you are taking Aspirin, arthritis medications, Metamucil or iron, speak with the physician who prescribed these medications about whether or not you need to stop them at least one week before your procedure.
- If you take warfarin (Coumadin), low molecular weight heparin (e.g. Fragmin, Lovenox) or Plavix, discuss with your prescribing specialist or family doctor if these medications can be safely stopped one week prior to your examination.
- Eat no seeds, grapes, corn, peas, tomatoes or cucumbers for 3 days prior to the test.

ONE DAY PRIOR TO THE PROCEDURE

1. Starting at noon, have clear fluids only. Clear fluids include clear soup broth, Jell-O, tea or coffee (black only), soft drinks, clear fruit juice, Powerade, Gatorade.
2. Starting at 2:00 p.m., take one sachet of PICO-SALAX mixed with at least 12 ounces of clear fluid (cold is more tasty). Clear fluids include clear soup broth, Jell-O, tea or coffee (black only), soft drinks, clear fruit juice, Powerade, Gatorade.
PICO-SALAX is available at your pharmacy without a prescription.
3. One hour after taking PICO-SALAX, drink at least one 12-ounce glass of clear fluid every hour for four hours. Clear fluids include clear soup broth, Jell-O, tea or coffee (black only), soft drinks, clear fruit juice, Powerade, Gatorade.
4. Starting at 6:00 p.m., repeat another sachet of PICO-SALAX mixed with at least 12 ounces of clear fluid (cold is more palatable). Clear fluids include clear soup broth, Jell-O, tea or coffee (black only), soft drinks, clear fruit juice, Powerade, Gatorade.

THE DAY OF THE PROCEDURE

1. At 2:00 a.m., drink one 10-ounce bottle of Magnesium Citrate. Cold is more tasty.
Magnesium Citrate is available at your pharmacy without a prescription.
2. One hour after taking Magnesium Citrate, drink at least one 12-ounce glass of clear fluid every hour for 2 hours. Clear fluids include clear soup broth, Jell-O, tea or coffee (black only), soft drinks, clear fruit juice, Powerade, Gatorade.
3. In the morning, take your medications with a sip of water.
4. Have clear fluids ONLY up to 2 hours prior to your appointment.
5. You may be given an enema when you arrive.