Colon Cancer Prevention Program

Colonoscopy Preparation Instructions:

1. It is very important to make sure that your bowel is clean before your test. Good quality preparations will help to make sure your colonoscopy is successful and that your doctor will not miss anything important. Following these instructions closely will give you the best results.

2. A few days before your appointment, obtain a bowel clean-out preparation from your drugstore. A prescription is not needed.

What you need:
2- DULCOLAX TABLETS 5mg each
PICO-SALAX one box.

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<th>7 days before</th>
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Stop taking iron pills.  
Avoid Nuts and Seeds  
Avoid lettuce.  
Take the two Dulcolax tablets at bedtime.

How To Take Your Bowel Preparation:

When taking Pico-Salax, follow these instructions, not the instructions that come in the box. Please do not use the generic substitute for Pico-Salax called Purgadan.
The day before your test

- Start having only clear fluids. No solid food and no dairy products.
- Clear fluids include sports drinks (like Gatorade), soft drinks (7-Up or Sprite), apple juice, white cranberry juice, tea without milk, jello, and chicken broth or beef bouillon, popsicles. Nothing with RED color.
- Take the first packet of Pico-Salax at 5pm.
- Mix the contents of the packet in one cup (250ml) of water.
- Drink the entire glass.
- Follow this by drinking at least 2 litres of clear fluids during the evening.
- You can have as much clear fluid as you like. Drinking large amounts of clear fluid helps to get your bowel clean and avoids dehydration.

On the day of your test:

- Take the second packet of Pico-Salix 5 hours before your test is scheduled, the same way that you took the first packet.
- Follow this by drinking at least 2 litres of clear fluids over a 2 hour period.

- If you feel nauseated during your prep it is fine to take Gravol 25-50mg every 4-6 hours as needed.
  - Remove all jewelry before going to the hospital.
  - It is fine to take your normal medications unless your doctor tells you otherwise.
  - Normally patients are sedated with intravenous medication to make the test more comfortable. You will not be able to drive afterwards and will need a ride home.
  - We ask that the person driving you home wait in the building while your test is taking place.
  - After the procedure there is no restriction on your diet.

For more on what to expect during your colonoscopy we recommend this video [http://www.youtube.com/watch?v=15JsYSZIT-Q](http://www.youtube.com/watch?v=15JsYSZIT-Q)