

Preparation Instructions for Colonoscopy with Picosalax

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What is a Colonoscopy?

A colonoscopy is a procedure performed using a flexible endoscope with a camera at its tip, inserted through the rectum. It provides a direct view of the colon's walls, allowing for biopsies and the removal of polyps. As with any invasive procedure, there are risks of complications, such as bowel perforation, which may require emergency surgery. However, these complications are rare. The test is conducted under sedation, typically lasting about 30 minutes. After the procedure, you will stay under observation for about an hour and can then eat and drink as usual.

Important Guidelines

- **Bring an Escort:** You must arrive with an accompanying adult.
- **Identification Required:** Bring your ID card and your insurance card.
- **Driving Restriction:** You must not drive for 10 hours following the procedure.

Preparation Instructions

- Do not discontinue blood pressure medications before the procedure.
 - You can continue taking aspirin without interruption.
 - Consult your gastroenterologist or family physician about stopping other blood thinners.
 - Stop taking medications containing iron, bismuth (e.g., Kalbeten), or activated charcoal one week prior.
- If you suffer from constipation, start taking a laxative (e.g., Normolaxor or laxadin) five days before the procedure.

Three Days Before the Test:

- **Foods to Avoid:** Fruits, vegetables, legumes (e.g., beans, chickpeas, lentils), and high-fiber products (e.g., whole grain bread, oatmeal, granola).
- **Foods Allowed:** White bread, white rice, white pasta, chicken, turkey, fish, and clear chicken soup (no vegetables).

Two Days Before the Test: Take 2 laxadin tablets before bedtime.

24 Hours Before the Test: **Switch to a Clear Liquid Diet:** Drink only clear liquids like water, tea, and clear broth (without vegetables). Avoid all solid foods.

- **Recommended Clear Broth:** It contains salt to help replenish what may be lost during preparation.

For Morning Test Appointments (8:00 AM – 12:30 PM):

- Day Before the Test, 5:00 PM: Drink one prepared Picosalax solution and take 2 laxadin tablets.
- Day Before the Test, 10:00 PM: Drink another Picosalax solution and take 2 laxadin tablets.

For Afternoon Test Appointments (After 12:30 PM):

- Day Before the Test, 8:00 PM: Drink one Picosalax solution and take 2 laxadin tablets.
- On the Day of the Test, 6 Hours Before Appointment: Drink another Picosalax solution and take 2 laxadin tablets.

Additional Notes:

- After each Picosalax sachet, drink 1.5–2 liters of clear liquids within 2 hours.
- **Fasting: Begin fasting (no food or drinks) three hours before your scheduled procedure.**

Best of luck with your procedure!