

Colon Screening Program

Bowel Preparation: PICO



Interior Health
Every person matters

Patient Information

www.interiorhealth.ca

Getting Ready for your Colonoscopy

Colonoscopy Date	Time	Report to	Endoscopist
Please review the following documents for information about your upcoming colonoscopy: <ul style="list-style-type: none"> • Colonoscopy Patient Information • Conscious Sedation for Endoscopy Colonoscopy questions? Call a Colon Screening Patient Coordinator at: <u>250 - 344 - 3007</u> Scheduling questions? Call the Booking Office at: <u>250 - 344 - 3010</u>			

Bowel Preparation Instructions

Please read all the instructions below before you start your preparation, as the doctor's ability to visualize your colon depends on a thorough bowel preparation.

You will need to purchase, **at least one (1) week** before your colonoscopy:

- One (1) box of **PICO-SALAX** (contains two (2) packets), such as **PICOFLO** or **PURG-ODAN**.
- Two (2) tablets of chewable **SIMETHICONE (GAS-X)**.
- PEG 3350 (RESTORALAX or LAX-A-DAY)** _____
- _____

These are available at any pharmacy without a prescription.

For 5 days BEFORE your colonoscopy:

- **DO NOT EAT** all nuts, all seeds, all foods that contain seeds such as berries, cucumbers, tomatoes, all leafy green vegetables, all raw vegetables (cooked and steamed vegetables are OK), multigrain breads, popcorn, oatmeal, corn, quinoa, and granola. **Please write the date on your calendar to change your diet.**

Key Points

- If you take blood thinners and/or diabetic medications, please discuss your medication requirements with your primary care provider and patient coordinator before your colonoscopy.
- Stop **ALL** iron and fiber supplements, including Metamucil, seven (7) days before your colonoscopy.

more information on other side →

Healthlink BC	Nurse	24 hours a day	Daily	Call 8-1-1 to speak with a nurse, ask a dietitian about nutrition, or a pharmacist about your medication.
Call 8-1-1	Dietitian	9 am–5 pm	Mon–Fri	
	Pharmacist	5 pm–9 am	Daily	
	www.healthlinkbc.ca	Hearing Impaired	Call 7-1-1	

Colon Screening Program Bowel Preparation PICO (continued)

Date: 2 days before your colonoscopy

- **Eat lightly**, no heavy dinner. Follow the dietary restrictions above.

Date: _____ day before your colonoscopy

- **NO** solid food.
- Drink clear fluids **ONLY**, all day, for example:
 - » Water, pulp-free juice (apple, white grape, white cranberry), broth/bouillon, popsicles, jello, Gatorade, Vitamin water, ginger ale, clear black tea or coffee (no milk, cream, or milk alternatives).
 - » Drink a variety of clear liquids, not water alone, to ensure sugar and electrolyte intake.
 - » The more clear fluids the better.
 - » **Avoid** red, blue, and purple food colouring.
- **At 4:00 p.m.**, mix one (1) packet of **Pico-Salax** in one (1) cup of water and drink entire mixture.
- Drink two (2) litres of clear fluids over the next 4 hours.
- **Continue drinking clear fluids for the rest of the day.**

Chew one (1) tablet of **SIMETHICONE (GAS-X)** as you drink the **PICO**.

Date: _____ day of your colonoscopy

- **NO** solid food.
- Drink clear fluids **ONLY**.
- _____ (6 hours before your colonoscopy), mix the second packet of **Pico-Salax** in one (1) cup of water and drink the entire mixture.
- Drink two (2) litres of clear fluids over the next 2 hours.
- You may drink clear fluids until _____ (3 hours before your colonoscopy time), and then nothing until after the colonoscopy.
- You may take your medications with a sip of water, unless told otherwise by your primary care provider.

Chew one (1) tablet of **SIMETHICONE (GAS-X)** as you drink the **PICO**.

Additional Instructions

- Please bring your BC care card.
 - Please do not wear scented
 - Due to medications given for sedation, you should not driv for 24 hours after your colonoscopy.
- _____

