

PRINCE GEORGE GENERAL SURGERY

COLONOSCOPY PREPARATION (PICO)

Please read these instructions thoroughly and follow all directions carefully.

LOCATION: Ambulatory Care, 1st Floor, University Hospital Northern British Columbia

HOME MEDICATIONS:

- Aspirin and Plavix/Clopidogrel: stop taking 7 days before the scope
- Warfarin: stop taking 5 days before the scope
- Apixaban/Dabigatran/Rivaroxaban: stop taking 3 days before the scope
- Diabetes medications: do not take on the day of the scope, bring them with you

YOU MUST PURCHASE: PICO SALAX 1 BOX (2 sachets) and DULCOLAX 10 mg

TWO (2) DAYS BEFORE THE COLONOSCOPY: Do not eat anything after 6 PM

ONE (1) DAY BEFORE THE COLONOSCOPY: Do not eat anything

- Drink plenty of clear fluids (fluids that you can see through)
 - Water, coffee/tea (no creamer/whitener), clear juice (apple, white grape, white cranberry), clear sports drinks, clear broths (no solids in them), jello
 - Do not drink any orange/red/purple fluids
- At 12 PM take DULCOLAX 10 mg by mouth
- At 6 PM take 1 sachet PICO SALAX and 2 L clear fluids (finish by 8 PM)

THE DAY OF THE COLONOSCOPY: Do not eat anything

- MORNING APPOINTMENT
 - At 3 AM take 1 sachet PICO SALAX and 2 L clear fluids (finish by a 4 AM)
 - At 4 AM take your morning medications with a small sip of clear fluid
 - Do not drink anything after 4 AM
- AFTERNOON APPOINTMENT
 - At 7 AM take 1 sachet PICO and 2 L clear fluids (finish by 8 AM)
 - At 8 AM take your morning medications with a small sip of clear fluid
 - Do not drink anything after 8 AM

SEDATION: You will be offered a conscious sedation only if you have arranged a safe ride home afterwards (you will not be offered sedation if you go home by taxi/bus).

NO-SHOWS: A \$75 fee will be charged to those who do not follow their preparation instructions and cannot have a scope, to those who cancel less than 2 business days in advance, and to those who do not show-up for the procedure at all.

IF YOU HAVE ANY QUESTIONS PLEASE CALL OUR OFFICE AT 250-645-4728
