



ENDOSCOPY CLINIC INFORMATION

GreeneStone Medical Clinic
3571 Muskoka Road 169,
P.O. Box 660, Bala,
Ontario, P0C 1A0

Phone: 1-877-762-5501
Fax: 1-705-762-1937
Email: info@greenestone.net
Web: www.greenestone.net

Preparation Instructions using Pico-Salax

Ahead of Time

Please read this entire information package **NOW** and **READ AGAIN** five (5) days before your appointment.

You may notify the doctor who has referred you about this appointment since most doctors would like to be informed about your care. Your doctor will receive a report from us, usually approximately two weeks after your appointment.

Purchase 1 box of Pico-Salax (it contains 2 sachets) and 2 Dulcolax tablets at your drugstore. Pico-Salax is a concentrated solution which works by taking water out of the body and putting it into the colon to flush it out. Therefore you must drink enough fluids to avoid dehydration. If you need a prescription for insurance purposes, you may pick up a prescription from the clinic reception, or we can fax it to you or to your pharmacy before your appointment. For the colonoscopy to be thorough and safe, your bowel must be completely empty. You should weigh yourself before and while taking the laxative and drink even more fluids if you lose 3lbs. or more.

Optional: Zinc ointment will help ease chaffed anal skin.

Optional: Gravol for nausea.

Obtain a supply of clear drinks: water, clear juices (such as apple, white grape, white cranberry), or ginger ale.

With sedation you must make arrangements to have someone drive you home after your procedure as you will not be allowed to drive until the following morning. For safety reasons, the person will need to meet you inside the clinic after the procedure as you cannot leave the clinic on your own.

Four (4) Before Your Appointment

Stop eating all seeds and nuts in breads, fruits, tomatoes, cucumbers, grapes watermelon etc. as they could plug the instrument during the procedure.

Three (3) Nights before Your Appointment

Take two Dulcolax tablets two nights before the appointment to ensure that you are properly prepared.

How to Take Pico-Salax

Fill a mug with 150ml (5ozs.) of water. Empty contents of sachet into the mug. Mixture may heat up - allow to cool before drinking. Stir for 2-3 minutes until completely dissolved.

You must drink between 1 1/2- 2 litres of water over 4 hours following each sachet.

If you get nauseated easily, Gravol 50mg (1 tablet) may be taken half an hour before taking Pico-Salax.

You should expect loose bowel movements usually 3-4 hours after taking a dose of Pico-Salax. Please ensure you have access to a toilet at all times.



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If You Have a Morning Appointment

On the Day Before Your Appointment

You may have a light (low fibre) breakfast (before 8:00 a.m.) After breakfast and until the procedure is finished **YOU MUST REMAIN ON A DIET OF CLEAR FLUIDS. NO SOLID FOODS.** You may take as much clear fluids as you can. Do not take black coffee, soup or consommé even if they look clear.

At 8:00 a.m. take the first sachet of Pico-Salax and drink 2-3 glasses of fluid per hour for a minimum of 4 hours. See above for details about How to Take Pico-Salax.

At 5:00 p.m, take the second sachet of Pico Salax and drink 2-3 glasses of fluid per hour for a minimum of 4 hours.

Two hours before your appointment time: **STOP TAKING ANY FLUIDS.**

Please remember to:

Bring your Ontario Health Insurance card and a list of your current medications.

Bring something to drink.

Do not wear nail polish.

IMPORTANT: Please make arrangements for transportation after the procedure if you have sedation. If you have arranged for someone to pick you up after your appointment, please let them know that they should meet you approximately 1 1/2 hours after the appointment time. Our Contact Centre staff cannot provide information about patients' pickup time. Please also ensure that the pickup is not later than 3:30 p.m.

If You Have an Afternoon Appointment

On the Day Before Your Appointment

You may have a light (low fiber) breakfast. After lunch and until the procedure is finished **YOU MUST REMAIN ON A DIET OF CLEAR FLUIDS. NO SOLID FOODS.** You may take as much clear fluids as you can. Do not take black coffee, soup or consommé even if they look clear.

At 5:00 p.m. take the first Pico - Salax and drink 2-3 glasses of fluid per hour for a minimum of four hours.

On the Day of the Appointment

Six hours prior to your appointment time take the second sachet of Pico - Salax and drink 2-3 glasses of fluid for a minimum of four hours.

Two hours before your appointment time: **STOP TAKING ALL FLUIDS.**



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Please remember to:

Bring your Ontario Health Insurance card and a list of your current medications.

Bring something to drink.

Do not wear nail polish.

IMPORTANT: Please make arrangements for transportation after the procedure if you have sedation, or you may take public transport or a taxi. If you have arranged for someone to pick you up after your appointment, please let them know that they should meet you approximately 1 1/2 hours after the appointment time. Our Contact Centre staff cannot provide information about patients' pickup time. Please also ensure that the pickup is not later than 3:30 p.m.

If you have **COLONOSCOPY** and **GASTROSCOPY** (Upper Endoscopy) on the Same Day

Three (3) hours before your appointment time: **STOP TAKING ANY FLUIDS.** Ice chips are o.k.