

Patient Information Sheet for Bowel Preparation with Pico-Salax Bowel Prep Kit*

I have discussed with you the need for a colonoscopy. In order for this examination to be completely successful, it is most important that all foreign material be removed from the bowel. By following these directions carefully, you can anticipate a successful bowel examination.

Recent studies show that splitting the dose of the preparation; that is, taking half the night before, and half the morning of the procedure, gives the best results. For early morning procedures, it may mean getting up during the night to take the second dose.

Before your procedure:

1. Pico-Salax is available over-the-counter in Canada. It is not FDA-approved for use prior to colonoscopy in the United States, though it has been used for years as a bowel preparation in Canada and the United Kingdom. You will be able to purchase Pico-Salax over the internet. One box contains two sachets of powder.
2. On the day before your exam you may have a can of Ensure (do not use EnsurePlus), one egg, or white toast for breakfast, before 9:00 am. Thereafter, have only clear liquids for lunch and dinner. This includes clear broth, sports drinks (such as Gatorade or Powerade), tea, coffee (without milk), plain jello, hard candy, clear fruit juices (no pulp), popsicles, ices, ginger ale and water. Try to avoid red or purple liquids. **You should NOT eat any solid foods, milk, or milk products.** Sports drinks such as Gatorade or Powerade are encouraged as they help keep you well hydrated. Drinking sips of ginger ale helps reduce any nausea which you may experience.
3. You must not eat or drink anything within 3 hours of your scheduled examination. **If you eat or drink anything, even a sip of water, within 3 hours of your exam start time, your exam will be postponed or cancelled.**

Pico-Salax Preparation:

The evening before your procedure:

(At about 7:00 to 8:00 pm)

1. Fill a mug or cup with 5 oz (150mL) of cold water
2. Empty contents of one sachet in the mug. (Rarely, the mixture may heat up- allow to cool before drinking.)
3. Stir for 2-3 minutes until completely dissolved.
4. You **MUST drink AT LEAST** between 1 ½ to 2 L of water or clear fluids over 4 hours following EACH sachet. **A good rule of thumb is to drink one 8 oz. glass of clear fluids EVERY HOUR that the medicine is working.**

Note: Drinking sips of ginger ale helps reduce any nausea that you may experience.

The morning of your procedure:

(Begin 5 hours before your exam start time. For an 8:00 am procedure, you will need to start drinking the prep by 3:00 am, and you may have nothing to drink after 5:00 am)

1. Fill a mug or cup with 5 oz (150mL) of cold water
2. Empty contents of the second sachet in the mug. (Rarely, the mixture may heat up- allow to cool before drinking.)
3. Stir for 2-3 minutes until completely dissolved.
4. You **MUST drink AT LEAST** between 1 ½ to 2 L of water or clear fluids over 4 hours following EACH sachet. **A good rule of thumb is to drink one 8 oz. glass of clear fluids EVERY HOUR that the medicine is working.**

Note: Drinking sips of ginger ale helps reduce any nausea that you may experience.

NOTE: You must finish drinking all of the fluid **3 hours before your exam start time, or your exam will be postponed or cancelled.**

For All Procedures, also follow the following directions:

1. You may use desitin, anusol, tucks pads or other similar ointment/lotion around your rectal area to reduce irritation from the preparation.
2. Do not take any antacids for at least twelve hours prior to the examination.
3. All other medications (except those listed below) may be taken with small sips of clear liquids.
4. **If you take blood pressure (except diuretic or water pills) or heart rhythm medications, please make sure to take the morning dose at least 3 hours prior to your examination start time. If you take a diuretic or water pill, do not take it on the day of your examination.**
5. If you take insulin ask your primary physician or endocrinologist how they would like you to adjust your dose.
6. If you use other diabetic medications, do not take them until after the examination, when you start eating.
7. Do not use any aspirin, aspirin containing products, or other anti-inflammatory drugs (such as ibuprofen, naproxen, or Aleve) for five days prior to the examination.
8. Do not take iron supplements or vitamins with iron for five days prior to your examination.
9. If you use Coumadin, do not take it for three nights prior to the examination.
10. Let us know if you take diuretics (water pills), as you may need additional potassium supplementation.
11. Let us know if you're allergic to any medications or if you've had any reactions to Demerol (meperidine), Valium (diazepam), Versed (midazolam), or Diprivan (propofol)
12. Let us know if you've had a heart valve replacement or have a history of endocarditis. If these conditions are present, you may need to be given antibiotics prior to the procedure.

13. A companion must be able to escort you home from the examination as you will be given some medication which will make you drowsy and slow your reflexes for several hours.
You will not be allowed to drive yourself home.
14. Report as instructed for the examination.

The following points may also be helpful:

1. You may feel bloated after the procedure because of the air used during the examination. Burping, walking, lying on your left side, or passing flatus, should help.
2. The medication used for sedation often causes amnesia for the period of the procedure and for a short time thereafter. You may, therefore, not remember the details of what happened or what the doctor explained to you afterwards. We will contact you the day after the examination (or if before a weekend or holiday, on our next business day) to again review the findings from the examination. If a biopsy was taken, these results are usually ready in 10-14 days.
3. If you should have any other questions, please do not hesitate to contact the office at 301-251-9555.

For more information about Pico-Salax, the company's website is:

<http://www.pico-salax.ca/>

NOTE about phosphate-based preparations: *There have been recent reports of kidney disease possibly associated with the use of oral sodium phosphate preparations (Fleets Phosphosoda, Visicol and OsmoPrep). These rare occurrences have been more often associated with patients over age 55, patients on blood pressure medication, and dehydration (patients who did not take in enough fluids during the preparation). In our practice, we have been using these preparations since 1991, and have been aware of only one patient who has developed kidney problems. Nevertheless, if you are on blood pressure medication (especially, an ACE inhibitor or angiotensin receptor blocker) or have known kidney disease, you should take an alternative preparation. Though the composition of Pico-Salax is somewhat different, we do not recommend it for patients with kidney problems. Alternative preparations include SuPrep, MoviPrep, Golytely, Nulytely, or LoSoPrep. If you do proceed with the phosphate preparation, please be sure to take in adequate fluids to prevent dehydration. Please feel free to discuss this with Dr. Stern, Dr. Gantt, Dr. Mullen or your primary physician.

* revised 12/06/2010