

PICOSALAX INSTRUCTION SHEET

8/2017

IT IS IMPORTANT TO FOLLOW THESE INSTRUCTIONS CAREFULLY (not the packet instructions) The success of the procedure depends on the bowel being as clean as possible, otherwise the procedure may need to be repeated. This product is not suitable if you are over 70 years or have a history of impaired renal function, congestive cardiac failure or a history of electrolyte disturbance.

Order in advance from Chemist, you must take picosalax x 3 sachets.

TWO DAYS BEFORE YOUR EXAMINATION

LOW FIBRE DIET

You may eat meat, fish, chicken, eggs, cottage cheese, plain yoghurt, white bread, white pasta, white rice and well-cooked pumpkin or peeled potato.

Stop eating brown bread, high fibre cereals, vegetables, fruit, and anything with seeds or nuts

DRINK A VARIETY OF FLUIDS (salty & sweet) approximately 3 litres throughout the day.

ONE DAY BEFORE EXAMINATION

CLEAR FLUIDS ONLY

APPROVED CLEAR FLUIDS: Water of any kind, **CLEAR** fruit juices (apple, pear and grape), plain jelly, black tea and coffee, bonox, chicken stock, miso, lucozade, gatorade, staminade, carbonated drinks, barley water, CLEAR broth, CLEAR lime or lemon cordial. A good combination of clear fluids, including 2 – 3 cups of broth & a litre of Gatorade will give you a variation & prevent dehydration. Avoid red or purple coloured drinks, cloudy fruit juices or fruit juices with pulp, milk/dairy products

If you are taking blood thinning /anti coagulants, other than aspirin, you should discuss with your Specialist. You may need to consult with the physician who prescribed the anti coagulants.

Cease Fish Oil / Krill medication x 1 week prior to appointment. If you are taking a combined blood pressure & diurectic medication, cease 1 day prior to your procedure.

If you are a Diabetic, Refer to Colonoscopy Information for Patients & Carers for further details.

Otherwise, take your usual medication (heart, blood pressure) with a sip of water on the am of the test

Instructions for a morning procedure 7am – 1pm	Instructions for an afternoon Procedure 1pm – 6pm
<p>.....DAY: The day before your procedure:</p> <p>CLEAR FLUIDS ONLY (1 – 2 glasses every hour)</p> <p>Between doses DRINK 1 – 1.5 L of Clear Fluids</p> <p>1st dose 4.00 pm Mix the contents of one sachet of PICOSALAX in a glass (250 ml) of cold water and stir until dissolved. Drink mixture, followed by 2 glasses of clear fluids. If you feel nauseated, drink prep via a straw.</p> <p>2ND DOSE: 7pm PICOSALAX Mix and drink, followed by 2 glasses of clear fluids.</p> <p>FINAL DOSE: PICOSALAX 9 pm Mix and drink, followed by 2 glasses of clear fluids. Continue drinking clear fluids up to bedtime.</p> <p>NEXT DAY / Day of procedure, you may drink WATER only, to a maximum of 200mls per hour, up to 2 hours prior to your admission time.</p>	<p>..... DAY: The day before your procedure: Have a light breakfast – black tea/coffee, white toast & egg before 9 am After this you will be on CLEAR FLUIDS ONLY (1 -2 glass every hour)</p> <p>Between doses DRINK 1 – 1.5 L of Clear Fluids</p> <p>1st dose 6.00pm Mix the contents of one sachet of PICOSALAX in a glass (250 ml) of cold water and stir until dissolved. Drink mixture, followed by 2 glasses of clear fluids.</p> <p>2ND DOSE: 9 pm PICOSALAX Mix and drink, followed by 2 glasses of clear fluids.</p> <p>DAY OF PROCEDURE / ADMISSION</p> <p>FINAL DOSE: PICOSALAX 7am, Mix and drink, followed by 2 glasses of clear fluids. Continue drinking clear fluids up to 6 hrs before your admission. Then, you may drink WATER only, to a maximum of 200mls per hour, up to 2 hours prior to your admission time.</p>

The preparation will cause multiple bowel movements and may cause some intestinal cramping. You will need nearby access to toilet facilities, plan your day accordingly. **Headache medication may be taken 4 – 6 hourly, if needed, up to 4 hours prior to appointment time.**

