

**DUNCAN R. ROZARIO, M.D., FRCSC, FACS, DABS**  
**GENERAL SURGERY**

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345 Lakeshore Rd., E. #205, Oakville, Ontario L6J 1J5 Ph.905-845-3614 Fax 905-845-4310

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NAME \_\_\_\_\_

Arrival Time 0730, 0800, 0830, 0900, 0930, 1000

DATE \_\_\_\_\_

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**INSTRUCTIONS FOR COLONOSCOPIC EXAM USING PICO-SALAX**

Report to the OUTPATIENT DEPARTMENT at the OAKVILLE-TRAFALGAR HOSPITAL, 327 Reynolds St. Oakville on the day of your procedure. **Please make arrangements to have someone drive you home after this procedure as you will have had sedation. You will not be allowed to drive yourself home, nor can you take a taxi.**

**PURPOSE** - A colonoscope is a long flexible tube that is about the thickness of a finger. It is inserted through the rectum in the large intestine (colon) and allows the doctor to carefully examine the lining of the colon. Through the colonoscope, the doctor can take a biopsy (a small piece of tissue) and remove polyps for examination in the laboratory. You will be given sedation for the procedure. Colonoscopy and polypectomy are safe and are associated with relatively low risk when performed by physicians who have been specially trained and are experienced in these endoscopic procedures. One possible complication is perforation in which a tear through the wall of the bowel may allow leakage of intestinal fluids. This complication usually requires surgery but may be managed with antibiotics and intravenous fluids in selected cases. Bleeding may occur from the site of the biopsy or polyp removal. It is usually minor and stops on its own or can be controlled by cauterization (application of electrical current) through the colonoscope. Rarely, transfusions or surgery may be required.

**HOW TO PREPARE**

Patients should **STOP BLOOD THINNERS LIKE ASPIRIN, ASA, TICLID OR COUMADIN 7 DAYS BEFORE THE PROCEDURE**- consult your doctor

Continue all other regular medications.

**Diabetic patient should consult their family physician.** Avoid seeds and grains like sunflower seeds for 3 days before the procedure as well all fibre laxatives like metamucil

**Purchase one box (which has 2 packets) of PICO-SALAX and 4 tablets of DULCOLAX from any pharmacy.**

**ON THE DAY BEFORE YOUR PROCEDURE:** You should remain on a clear fluid diet for the full day until your procedure is over. (Clear fluids include apple juice, coffee/tea without milk, clear soups and broths, beef or chicken cubes, sprite, ginger ale.) **AT 5:00 P.M. DRINK ONE PACKET OF PICO-SALAX** well mixed in a glass of cold water and drink it. Then take 2 tablets of **DULCOLAX**. Wait for ½ an hour and then drink at least 8 glasses of water over the next two to three hours. This preparation will give you diarrhea as the intention is to clear out your bowels for the examination.

**ON THE DAY OF YOUR PROCEDURE** at **5:00 a.m. or earlier** mix the other packet of **PICO-SALAX** into a glass of cold water and drink it. Then take the other 2 **DULCOLAX**. Drink at least 4 glasses of water after this. Remember to remain on a clear fluid diet until your procedure is over.

The preparation, procedure and recover will take about 1.5 - 2 hours. The actual examination can take up to 45 minutes. Following the procedure you will be taken to a recovery area for approximately 1.5 hours.

**AFTER THE PROCEDURE** You may resume your usual diet and activity.

The results of your biopsies (if taken) will be available in approximately 10 days. **PLEASE NOTE THAT THERE IS A SIGNIFICANT WAITING LIST FOR THIS PROCEDURE. IF YOU CANNOT KEEP THIS APPOINTMENT, PLEASE INFORM OUR OFFICE AS SOON AS POSSIBLE (905-845-3614)**

**A follow up visits for test results is the patient's responsibility to book with the office.**