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**THE DAY BEFORE YOUR COLONOSCOPY-PICO SALAX**

Have breakfast as usual-up until 10:00 am.

**After Breakfast**---Start drinking lots of clear fluids.

(water, apple juice, clear sodas, clear broth, black coffee or tea, sugar is ok, but no milk or cream) Try to drink a ½ cup of any clear fluid every 10 to 20 minutes, all day long. You want to feel very full of fluids. At least 4 liters.

**At 12:00 Noon**---take the 4 Dulcolax tablets(generic name Bisacodyl)  
You can have a cup of Lipton's Chicken Noodle Cup of Soup for lunch.

**At 4:00 PM**---mix one sachet of Pico Salax(or Purg-ODan) with 5oz (150ml) cold water and stir frequently for 2 to 3 minutes. Sometimes the reaction of mixing the Pico Salax and cold water will cause the solution to heat up. If it becomes hot, wait until it cools sufficiently to drink. Drink Solution and continue to drink clear fluids.

**At 7:00 PM**---repeat 4:00 PM instructions with second sachet. Be sure to continue drinking clear fluids until you are passing clear fluids only from your rectum, or until you go to bed. You may continue having bowel movements through to the next morning.

**6 hours** before your scheduled arrival at the hospital, stop all fluids. Nothing is to be swallowed, even medications, unless told otherwise by the doctor.

**YOU WILL NEED A RIDE HOME AS YOU WILL BE SEDATED.**