

Preparing for your Colonoscopy with Picolax

You have been referred for a colonoscopy, a procedure for evaluating diseases of the colon or as a screening test, proven to reduce the risk of developing colon cancer by identifying and removing precancerous polyps. The quality and success of the test depends on the quality of the preceding bowel preparation, needed to clean the colon and allow for careful inspection of the colon.

1. Bring any medical documents relevant to the exam, and your referral with you to the procedure
2. Consult with your treating physician regarding stopping blood thinners (eg: aspirin/cartia/microporin, Coumadin, Plavix, etc).
3. Diabetics should consult with their physician regarding the use of sugar lowering medications prior to the test
4. Bring a photo ID card, referral and Kuppa financial obligation (*hitchayvut*) for the exam
5. If you have kidney disease, you should consult with your physician about which preparation to take

You must arrive, with an escort, 15 minutes before the test time.

Driving a car/motorcycle after an exam with sedation is forbidden.

Arrival for an exam performed under sedation with a firearm is strictly forbidden.

If your test is scheduled before 3PM:

The day before your test:

NO high fiber foods, such as seeds, fruits, vegetables, whole grains etc.

Until 10 am : you may have low fiber food such as white bread, eggs, dairy, fish, chicken, white rice, clear soup.

After 10 am- NO SOLID FOOD, until after the exam; you may have plain yogurt and should have plenty of fluids including clear soup, instant coffee, tea and any other clear liquids. Drinking liquid helps the process and prevents dehydration- you should drink at least 1.5 Liter of liquid with electrolytes (like sport drink, juice, clear soup with salt etc), in the course of the evening.

At 4 pm, take two Laxadin pills

At 6 PM, take the first Packet of Picolax powder dissolved in 200ml of liquid (water, juice, soda...)

The day of the Test:

4-5 hours before the exam- Take Picolax Packet #2 dissolved in 200 ml liquid

Taking the second packet the morning of the exam works best. If you are unable to do so, you may take the second packet of powder at 10 pm the evening before the procedure, instead.

On the morning of the procedure, you should continue clear liquids with electrolytes, stopping 2 hours before the procedure.

If your test is scheduled after 3PM:

The day before your test:

NO high fiber foods, such as seeds, fruits, vegetables, whole grains etc. You may have low fiber food such as white bread, eggs, dairy, fish, chicken, white rice, clear soup.

On the day of the exam:

At 6:00 am, take two Laxadin pills

At 7:00 am, take the first packet of Picolax dissolved in 200ml of liquid (water, juice, soda...).

At 11:00 am, take the second packet of Picolax in 200ml of liquid.

You may not eat on the day of the exam, but you should drink plenty (at least 1 Liter) of fluid with electrolytes up until 2 hours before the test.