



Picosalax

Please purchase a box of Picosalax from any Terry White or Chemmart Pharmacy.

IT IS IMPORTANT TO FOLLOW THESE INSTRUCTIONS CAREFULLY.

The day before your procedure:

You need to stop solid foods after your breakfast. Please stay on the below clear liquids:

- Water
- Clear soup (strained chicken broth)
- Clear soft drinks (lemonade or ginger ale)
- Jelly
- Clear apple juice or white grape juice
- Isotonic drinks (Gatorade)
- Black tea or coffee (may be sweetened no MILK/DAIRY PRODUCTS)

Please avoid red or purple coloured drinks and jelly, cloudy fruit juices or juice with pulp and milk and dairy products.

How to take the Picosalax

First dose of Picosalax: 2pm the day before

Second dose of Picosalax: 6pm the day before

1. Fill a glass with 120mL of cold water
2. Empty the contents of one of the sachets into the glass.
3. Stir for 2-3 minutes, and then drink it. If the solution becomes warm, allow it to cool before drinking.
4. Drink approximately 250mL of water or other clear liquid every hour until the next Picosalax dose.

Repeat these steps for the second dose.

Day of the procedure:

Do not eat any solid food. Continue to drink approximately 250mL of clear liquid every hour until the time you have been instructed to fast.

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