

You can purchase your **pre-packed 3 sachet Picosalax** at The Infusion Clinic (**Level 1, 66 High Street RANDWICK**)  
OR purchase **2 boxes of Picosalax** at your local chemist and **disregard the 4<sup>th</sup> sachet.**

# PICOSALAX Instructions (3 sachets)

It is important to follow these instructions carefully. The success of the procedure depends on the bowel being as clean as possible; otherwise the procedure may need to be postponed.

DAY OF PROCEDURE \_\_\_\_\_ ADMISSION TIME: \_\_\_\_\_ am/ pm

**5 DAYS PRIOR TO YOUR PROCEDURE:** **STOP EATING** foods that contain **SEEDS, GRAINS, PEELS/SKINS** (eg jam with seeds eg Strawberry jam), **GRAINS** (eg Multigrain bread), **PEELS/ SKIN** (eg apple, pear, peach, nectarine and Vegetables with peel/ skin intact (eg corn, peas, capsicum), **GREENS:** See below

**STOP EATING FOODS LIKE:** Corn , peas, strawberries, jams, wholegrain bread, cereals, onion, muesli, muesli bars, any nuts or food containing Nuts, skin on apple, pear, peach, or nectarine (peeled fruit is ok), marmalades with skins, citrus fruit, grapes, tomato skin or seeds, sundried tomato, beetroot, green or stringy vegetables like beans or broccoli and celery, skin on capsicum, eggplant or potato (peeled vegetables are ok), legumes eg baked beans or kidney beans, mustard, sultanas and raisins, brown rice, casseroles containing vegetables, lentils, barley, split peas, coconut, sesame, sunflower or poppy seeds, fruit yoghurt fibre supplement, carrots or cauliflower, beetroot.

**ALLOWED FOODS:** White rice, white pasta, white or wholemeal brown bread (**no seeds or grains**), Pita/ Turkish bread, English muffins, cornflakes, rice bubbles, Lean meat eg beef, pork, lamb, veal, fish or chicken, fish, peeled fruit, roasted peeled potato, mash potato, pumpkin, hot chips, crackers (No Seeds), eg Sao, Jatz, eggs, Butter/ Margarine, Vegemite, Promite, Marmite, Cheese, custard, Ice-cream, chocolate (avoid bars containing nuts), plain yoghurt, peeled apple, peeled pear, peeled nectarines, peeled peaches.

## Important:

- Drink a lot of clear fluids on the day before the procedure; avoid all seeds, grains, nuts and skins; and keep as mobile as possible.
- Stop any antiplatelet agents for 5-7 days or at least discuss it with physician or GP. These include :
  - Any aspirin preparation (eg Cartia, Astric, Cardiprim, Asasantin, Disprin or any soluble aspirin) or
  - Any clopidogrel preparation (Plavix, Iscover or Co –Plavix) or
  - Any anti-inflammatory agent such as Nurofen, Naprosyn, Ibuprofen, Voltaren, Mobic, Orudis, Oruvail, Indocid, Feldene
- Stop Warfarin for 4 days prior to the procedure
- **Always take all blood pressure medications, even on the day of the procedure**
- Stop all iron supplements for at least 1 week prior to procedure
- Stop all vitamins and health food supplements for at least 1 week

## If you are a **DIABETIC**

- Half the insulin dose on the day prior the procedure and don't take insulin on the day of the procedure.
- Omit diabetic tablets on the evening prior to and on the morning of the procedure.

**\*Please follow these Instructions According to the Time of your Procedure\***

The 4 dosing regimens are provided as a guide for you depending on whether your colonoscopy is scheduled 7am-1pm (MORNING PROCEDURE) or after 1pm-7pm (AFTERNOON PROCEDURE) – see below.

**Morning Procedure: Please follow instructions according to the time of your procedure.**

<p><b>Early Morning Procedure (Diabetics /Elderly) (7am- 9am)</b></p>	<p><b>Mid-Morning Procedure (9am-1pm)</b></p>
<p><u>Day:</u> <b>On the day BEFORE your procedure:</b></p> <p>Have early breakfast, (NO LUNCH OR DINNER). Avoid foods containing SEEDS, GRAINS &amp; PEELS. <b>After breakfast you will be on CLEAR FLUIDS ONLY until 4 hours before your procedure. (No solid food until after your procedure). Keep mobile.</b> -See list of CLEAR FLUIDS - below -Throughout the day, drink 2 -3 litres of clear fluids</p> <p><b>1<sup>st</sup> dose: At 10am</b> (earlier if preferred). Fill a glass with 150 mL of cold water. Empty the contents of one PICOSALAX® sachet into the glass. Stir for 2-3 minutes. If the milky solution becomes warm, allow sufficient time for it to cool before drinking. Chilled if desired. Then drink straight down. This must be followed by 3 glasses of water or Clear Fluids* to prevent dehydration.</p> <p>Continue Clear Fluids* until the next PICOSALAX dose at 3pm.</p> <p><b>2<sup>nd</sup> dose: At 3pm:</b> prepare your second sachet of PICOSALAX. Repeat as above.</p> <p><b>3<sup>rd</sup> dose: at 8pm:</b> prepare your third sachet of PICOSALAX. Repeat as above.</p> <p><b>Continue consuming Clear Fluids* (No Food) until 4 hours before your Admission time then NIL BY MOUTH (means nothing to eat or drink)</b></p>	<p><u>Day:</u> <b>On the Day BEFORE your procedure:</b></p> <p>Have breakfast and no more food after 10am. Avoid foods containing SEEDS, GRAINS &amp; PEELS. <b>After breakfast, you will be on CLEAR FLUIDS ONLY until 4 hours before your procedure- (No solid foods until after your procedure) Keep mobile.</b> -See list of CLEAR FLUIDS - below -Throughout the day, drink 2 -3 litres of clear fluids</p> <p><b>1<sup>st</sup> dose: At 2pm</b> (earlier if preferred). Fill a glass with 150 mL of cold water. Empty the contents of one PICOSALAX® sachet into the glass. Stir for 2-3 minutes. If the milky solution becomes warm, allow sufficient time for it to cool before drinking. Chilled if desired. Then drink straight down. This must be followed by 3 glasses of water or Clear Fluids* to prevent dehydration.</p> <p>Continue Clear Fluids* until the next PICOSALAX dose at 7pm.</p> <p><b>2<sup>nd</sup> dose: At 7pm:</b> prepare your second sachet of PICOSALAX. Repeat as above. <i>Continue Clear Fluids until you go to sleep.</i></p> <p><b>On the day OF your procedure:</b></p> <p><b>3<sup>rd</sup> dose: At 4am-5am: On the Day OF your procedure,</b> prepare your third sachet of PICOSALAX. Repeat as above.</p> <p>Continue Clear Fluids * only, then <b>NIL BY MOUTH (means nothing to eat or drink) for 3 hours before your admission time.</b></p>

**\*CLEAR FLUIDS include:** Water, Clear Ice, Clear fruit juice (apple, pear), Clear chicken broth, Jelly, Black tea or Coffee (may be sweetened, but with NO MILK/DAIRY PRODUCT, Skim milk is ok, Lemon flavoured Gatorade or Powerade, Hypotonic Drinks (eg Gastrolyte®, Hydralyte®), Barley sugar lollies, No Fizzy Soft Drinks and **Avoid fluids with colouring of red, blue, purple or green.**

**AFTERNOON PROCEDURE – Please follow instructions according to the Time of your procedure**

<p style="text-align: center;"><b>Early Afternoon Procedure (1pm -4pm)</b></p>	<p style="text-align: center;"><b>Late Afternoon Procedure (4pm-7pm)</b></p>
<p style="text-align: center;">_____ Day: <b>On the day <b>BEFORE</b> your procedure:</b></p> <p>Have an early breakfast and lunch at 11am. Avoid foods containing SEEDS, GRAINS &amp; PEELS.</p> <p><b>After lunch you will be on CLEAR FLUIDS* ONLY until 4 hours before your procedure. (No solid food until after your procedure). Keep mobile.</b> -See CLEAR FLUIDS LIST- below -Throughout the day, drink 2 -3 litres of clear fluids</p> <p><b>1<sup>st</sup> dose: At 3pm</b> (earlier if preferred). Fill a glass with 150 mL of cold water. Empty the contents of one PICOSALAX® sachet into the glass. Stir for 2-3 minutes. If the milky solution becomes warm, allow sufficient time for it to cool before drinking. Chilled if desired. Then drink straight down. This must be followed by 3 glasses of water or Clear Fluids* to prevent dehydration.</p> <p><b>Continue Clear Fluids*</b> until the next PICOSALAX dose at 8pm.</p> <p><b>2<sup>nd</sup> dose: At 8pm:</b> prepare your second sachet of PICOSALAX. Repeat as above.</p> <p>Continue clear fluids until you go to sleep.</p> <p style="text-align: center;"><b>On the Day OF your procedure</b></p> <p><b>3<sup>rd</sup> dose: At 8am-9am On the Day OF your procedure,</b> prepare your third sachet of PICOSALAX. Repeat as above.</p> <p>Continue consuming Clear Fluids* (No Food), <b>then NIL BY MOUTH (means nothing to eat or drink) for 3 to 4 hours before your admission time.</b></p>	<p style="text-align: center;">_____ Day: <b>On the day <b>BEFORE</b> your procedure:</b></p> <p>Have breakfast and lunch and no solid food after 2pm. Avoid foods containing SEEDS, GRAINS &amp; PEELS.</p> <p><b>After lunch you will be on CLEAR FLUIDS* ONLY until 4 hours before your procedure. (No solid food until after your procedure). Keep mobile.</b> -See CLEAR FLUIDS LIST- below -ENSURE you continue to drink Clear Fluids throughout the evening.</p> <p><b>1<sup>st</sup> dose: At 7pm</b> (earlier if preferred). Fill a glass with 150 mL of cold water. Empty the contents of one PICOSALAX® sachet into the glass. Stir for 2-3 minutes. If the milky solution becomes warm, allow sufficient time for it to cool before drinking. Chilled if desired. Then drink straight down. This must be followed by 3 glasses of mineral water or Clear Fluids* to prevent dehydration.</p> <p><b>Continue Clear Fluids*</b> until you go to sleep.</p> <p style="text-align: center;"><b>On the day OF your procedure</b></p> <p><b>2<sup>nd</sup> dose: At 6am:</b> prepare your second sachet of PICOSALAX. Repeat as above. Continue Clear Fluids* until the next PICOSALAX dose at 12pm</p> <p><b>3<sup>rd</sup> dose: At 11am: On the day OF your procedure,</b> prepare your third sachet of PICOSALAX. Repeat as above.</p> <p>Continue consuming Clear Fluids* (No Food) until 1pm; then <b>NIL BY MOUTH (means nothing to eat or drink) for 3 to 4 hours before your admission time.</b></p>

**\*CLEAR FLUIDS include:** Water, Clear Ice, Clear fruit juice (apple, pear), Clear chicken broth, Jelly, Black tea or Coffee (may be sweetened, but with NO MILK/DAIRY PRODUCT, Skim milk is ok, Lemon flavoured Gatorade or Powerade, Hypotonic Drinks (eg Gastrolyte®, Hydralyte®), Barley sugar lollies, No Fizzy Soft Drinks and **Avoid fluids with colouring of red, blue, purple or green.**

## Preparing the PICOSALAX® solution

### STEP 1:

Fill a glass with 150 mL of cold water.



### STEP 2:

Empty the contents of one sachet into the glass.



### STEP 3:

Stir for 2-3 minutes then drink.

If it becomes warm wait until it cools sufficiently to drink



### First Dose:

Drink at least 5 large glasses (250mL each) of clear liquids, spread over several hours. Tick as you drink.



### Second Dose:

Drink at least 5 large glasses (250mL each) of clear liquids, spread over several hours. Tick as you drink.



### Third Dose:

Drink at least 5 large glasses (250mL each) of clear liquids, spread over several hours. Tick as you drink.



## CLEAR FLUIDS LIST:

### ✓ Yes, you can drink...

- Water
- Clear apple juice
- Clear soft drinks (eg. lemonade, ginger ale)
- Clear white grape juice
- Isotonic drinks (eg. Gatorade®)
- Hypotonic drinks (eg. Gastrolyte®, Hydralyte®)
- Jelly



### DAIRY-FREE hot drinks and clear soup

- Black tea or coffee (may be sweetened, but with NO MILK/ DAIRY PRODUCTS)
- Clear soup (eg. strained chicken broth)



### ✗ No, do not have...

Cloudy or fruit juice with pulp



Any milk or dairy products...

Including soy and cream



Any red or purple drinks

