

# 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. Failure to adhere to these recommendations may result in an inadequate bowel preparation, which has a detrimental effect on all aspects of the colonoscopy, especially on its accuracy (such as significantly lower rates of detection of polyps and cancers).

**!** You will need to purchase 4 De-Gas tablets, **2 taken with your last dose of preparation and 2 taken before you leave home for your procedure.** These products are available at our Randwick, Liverpool and Double Bay clinic.

**3 DAYS PRIOR TO YOUR PROCEDURE: STOP EATING** foods that contain **NUTS, SEEDS, GRAINS, PEELS/ SKIN GREENS, RED FOOD: See below**

NOT ALLOWED	ALLOWED
<ul style="list-style-type: none"> <li>* multigrain bread, wholemeal (brown) rice or pasta, corn meal (polenta), cereals, muesli, muesli bars, oats (porridge)</li> <li>* Dishes containing vegetables (casseroles, stir-fries, curries)</li> <li>* All fruits and vegetable skins &amp; seeds</li> <li>* All fruit (except peeled apple or peeled pear or canned peaches)</li> <li>* All vegetables (except peeled potato, peeled sweet potato, pumpkin)</li> <li>* Coconut, dried fruits, sultanas, raisins, seeds eg linseeds, sesame, sunflower, poppy, nuts</li> <li>* Fruit yoghurt, Jevity, Sustagen Hospital with fibre, Nutrison Multi Fibre</li> <li>* Spreads: Jams and marmalades with skins, seeds or peel, peanut butter, mustard, most relishes</li> <li>* <b>AVOID ALL FIBRE SUPPLEMENTS SUCH AS: Metamucil, Normafibe, Normacol Plus, Nucolox, psyllium, Benefibre, Fybogel</b></li> </ul>	<ul style="list-style-type: none"> <li>✓ Plain white bread, white rice, English muffins, Cornflakes, Rice Bubbles, white flour</li> <li>✓ Protein: beef, pork, lamb, veal, fish, poultry, eggs, sausages, ham, bacon, plain tofu &amp; meat substitutes</li> <li>✓ Dairy: milk, natural/Greek/honey flavoured smooth yoghurt, cheese, plain custard, sour cream, cream, plain ice-cream (no nuts)</li> <li>✓ Fruit: peeled apple, peeled pear or canned peaches, clear strained fruit juice (clear apple or pear)</li> <li>✓ Vegetables: peeled potato, peeled sweet potato, pumpkin, strained vegetable juice (V8)</li> <li>✓ Spreads: Vegemite, margarine, honey, lemon butter, cheese spread, fish and meat paste</li> <li>✓ Meal Ideas: white French Toast, eggs on toast, ham/cheese sandwich, steak with mash potato</li> <li>✓ Include at least 6-8 glasses of fluids per day</li> </ul>

## MORNING PROCEDURE (6:30AM – 1PM)

**DAY BEFORE THE PROCEDURE:**  
Have breakfast, **NO** lunch or dinner **BUT** drink plenty of clear liquids (minimum of one glass every hour)

**4pm** – 1<sup>st</sup> dose **Picosalax** (1 sachet dissolved in 150ml of cold water) followed by 3 glasses of clear liquids over the next 3 hours

**7pm** – 2<sup>nd</sup> dose **Picosalax** (1 sachet dissolved in 150ml of cold water) followed by 3 glasses of clear liquids over the next 3 hours

**DAY OF PROCEDURE:**  
**4-5am** – 3<sup>rd</sup> dose **Picosalax** (1 sachet dissolved in 150ml of cold water), then (2) **De-Gas tablets** followed by 3 glasses of clear liquids up until 3 hours prior to your admission time

**NIL BY MOUTH for 3 hours prior to your admission time**  
Stop all clear liquids. But take the (2) **De-Gas tablets** before leaving home with a sip of water.

## AFTERNOON PROCEDURE (1PM – 6PM)

**DAY BEFORE THE PROCEDURE:**  
Have breakfast, lunch and an early, light dinner (**BEFORE 5pm**) **BUT** drink plenty of clear liquids.

**9pm** – 1<sup>st</sup> dose **Picosalax** (1 sachet dissolved in 150ml of cold water) followed by 3 glasses of clear liquids over the next 3 hours

**DAY OF PROCEDURE:** drink plenty of clear liquids (minimum of one glass every hour)

**6am** – 2<sup>nd</sup> dose **Picosalax** (1 sachet dissolved in 150ml of cold water) followed by 3 glasses of clear liquids over the next 3 hours

**9am** – 3<sup>rd</sup> dose **Picosalax** (1 sachet dissolved in 150ml of cold water), then (2) **De-Gas tablets** followed by 3 glasses of clear liquids up until 3 hours prior to your admission time

**NIL BY MOUTH for 3 hours prior to your admission time**  
Stop all clear liquids. But take the (2) **De-Gas tablets** before leaving home with a sip of water.

<b>ALLOWED CLEAR LIQUIDS</b>	<ul style="list-style-type: none"> <li>• Water</li> <li>• Hydrolytes</li> <li>• Black tea and black coffee (dash of <b>skim milk</b> is okay)</li> </ul>	<ul style="list-style-type: none"> <li>• Clear Fruit Juice – pulp-free clear apple or pear</li> <li>• Clear soup</li> <li>• Beef tea eg Bovril, Bonox</li> </ul>	<ul style="list-style-type: none"> <li>• Sports drink and cordial eg Gatorade or Powerade <b>NO RED-COLOURED DRINK.</b></li> <li>• Soup cubes eg stock cubes in hot water</li> </ul>
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# IMPORTANT

- If the Day Surgery has not called you by 2 pm on the day before the procedure date so as to inform you of the exact time you are expected to arrive at the day surgery, then you must call the day surgery directly to enquire about your procedure start time and expected arrival time to the day surgery. The phone numbers for the day surgeries are:

**Double Bay Day Hospital:** 02 9096 3100

**Alexandria Specialist Day Hospital:** 02 8372 3260

**Central Sydney Private Hospital:** 02 9281 3822

**Prince of Wales Private:** 02 9650 4302 (POW contacts patients after 4pm the day before)

**Liverpool Day Hospital:** 02 9601 4488

*\*see information provided regarding individual day hospital\**

- 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.
- It is important to take De-Gas as advised as it improves the overall quality of the bowel preparation.
- **Always take all your prescribed 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:***

- Insulin plus any injectable diabetic medication: Omit evening before & on the morning of the procedure.
- Oral hypoglycaemics (e.g. Diabex, Diaformin, Metformin & Janumet): Omit on the evening prior to & on the morning of the procedure.
- New Oral hypoglycaemics (e.g. Jardiance, Jardiamet, Forxiga & Xigduo): Omit 2-days prior to & on the morning of the procedure.

## ***If you are taking ASPIRIN:***

- a) If prescribed for Ischaemic Heart Disease with coronary artery stents inserted within 12 months, then - DO NOT STOP ASPIRIN PRIOR TO PROCEDURE (omit on day of procedure only).
- b) If prescribed for Ischaemic Heart Disease with coronary artery stents inserted over 12 months ago or Ischaemic Heart Disease without coronary artery stents or Cerebrovascular disease or Peripheral vascular disease, then - STOP low-dose aspirin for 2-3 days prior procedure.
- c) There is NO recognised clinical indication for taking this treatment then - STOP low-dose aspirin for 5 days prior procedure.

## ***If you are taking CLOPIDOGREL:***

- a) If prescribed for Ischaemic Heart Disease with or without coronary artery stents or Cerebrovascular disease or Peripheral vascular disease, then - DISCONTINUE Clopidogrel therapy 5-7 days before the procedure & REPLACE with low-dose aspirin (omit on day of procedure only). Restart Clopidogrel 5-7 days after the procedure if specimens taken. Otherwise restart the following day.
- b) There is NO recognised clinical indication for taking this treatment then - STOP Clopidogrel for 7 days prior procedure.

## ***If you are taking WARFARIN:***

- discuss with treating Gastroenterologist as to whether Clexane injections are required during the 4-5 days that Warfarin is stopped prior to the procedure.

## ***If you are taking New Oral Anti-Coagulants (Eliquis, Xarelto and Pradaxa):***

- stop 2 days prior to the procedure.