

The colon must be free of all stool to adequately examine the entire lining. The procedure will need to be rescheduled if the bowel preparation is not successful in completely removing all stool.

- **No** iron, Advil, Aspirin, Motrin, or Ibuprofen **1 week** before the procedure.
- Take _____ for _____ Days before cleanout with Pico-Salax. Do **not** take this the day before the procedure on the day you take Pico-Salax.
- **One day** before the colonoscopy, your child is to be placed on a **clear liquid diet**. No milk, milk products, or solid foods allowed. Examples of clear liquids include: water, gatorade (G2 is used only for our DIABETIC children), apple juice, Kool-Aid, broth, Jello, pop, popsicles, and candy that you can see through such as fruit roll-ups and gummy bears. It is preferable to not give tea, diet pop, or water because liquids with calories/sugar are more desirable.
- **Pico-Salax laxative preparation is to be taken the day before the procedure:**
 - Mix full Pico-Salax sachet in **150 ml of cold water**. Let it sit for 2-3 minutes to dissolve. Then measure out the following amounts depending on your child's age:

Age 1-5 years:	First dose at 8:00 am:	Drink 40 mls of Pico-Salax
	Second dose at 3:00 pm:	Drink 40 mls of Pico Salax
Age 6-11 years:	First dose at 8:00 am:	Drink 75 mls of Pico-Salax
	Second dose at 3:00 pm:	Drink 75 mls of Pico Salax
Age 12 years and older:	First dose at 8:00 am:	Drink 150 mls of Pico-Salax
	Second dose at 3:00 pm:	Drink 150 mls of Pico-Salax

If the Pico-Salax becomes hot, wait until it cools before drinking.

- Throw out the unused portion, as a fresh sachet must be opened and mixed for the second dose. You **cannot** save the unused portion to take later.
- To replace the fluid lost from the body, it is **important** to drink plenty of clear liquids throughout the Pico-Salax treatment, until the bowel movements have stopped. In general, patients should **drink at least 250-500 mls (1-2 glasses) of clear liquid** (Water and/or Gatorade) **every hour (for at least 4 hours after each dose)**, while they feel the effects of the Pico-Salax.
- **IMPORTANTLY: Kool-Aid, broth, chewing gum, jello, pop, popsicles, or candy are NOT allowed AFTER midnight prior to the colonoscopy.**

However:

- For patients scheduled for the **morning**: Water, Gatorade and/or Apple juice can be consumed **until 6 am**. Go to Surgical Day Care, 3rd Floor of the Janeway for 7:15 am.
- For patients scheduled for the **afternoon**: Water, Gatorade and/or Apple juice can be consumed **until 10 am**. Go to Surgical Day Care, 3rd Floor of the Janeway for 10:30 am.
- Girls over 12 years old must arrive with a full bladder or a urine sample; a urine test on the day of the procedure is an Eastern Health policy.

If you have any questions, please consult your Gastroenterology (GI) Doctor (709)777- 4134 or

GI Nurse at (709) 777-2219. The phone number for Surgical Day Care is (709) 777-4334