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Preparation Instructions using Pico-Salax® for Colonoscopy

You are scheduled to have a colonoscopy and your doctor has requested that you have a 'bowel preparation'. Bowel preparation is commonly known as 'bowel prep'. It is the process of removing all faeces and food from your bowel, enabling the doctor to undertake your procedure more effectively.

For your own safety and to have the best possible outcome from your procedure, it is important that you follow your bowel prep instructions carefully.

AT LEAST ONE WEEK BEFORE PROCEDURE: GET READY

1. Obtain 3 sachets of Pico-salax® from your pharmacy if you did not purchase from us.
2. Stop iron containing medications.
3. Check and discuss with your Doctor if you are on blood thinners (e.g. Pradaxa®, Xarelto®, Eliquis®, Plavix®, Iscover®) or warfarin. You may need to temporarily stop. However, if you have a cardiovascular stent, you may not be able to stop - please consult with your cardiologist or general practitioner.
4. **If you take medication for diabetes** (insulin or tablets), discuss this with your doctor.
5. **If you have heart or kidney failure**, discuss this with your doctor. This bowel preparation may not be suitable for you. Please ask.

TWO DAYS BEFORE PROCEDURE: CHANGE YOUR DIET Procedure Date:

The **WHITE DIET** is a simple low residue diet which allows food to be eaten up until 5pm the day prior to colonoscopy without compromising the quality of the bowel preparation under normal circumstances.

WHITE DIET FOODS PERMITTED:

- Milk, plain yoghurt, margarine, butter, vanilla ice cream, white chocolate
- Plain cream cheese, cottage cheese, ricotta cheese, fetta cheese, sour cream
- Egg whites, mayonnaise, cream, white sauce
- White rice or pasta, potatoes (peeled)
- Rice Bubbles, regular white bread/toast, plain rice crackers
- Chicken breast (no skin), grilled white fish fillet

WHITE FOODS NOT TO BE EATEN

- pears, parsnip, cauliflower, onion
- high fibre white breads (e.g. Wonder White)
- Tofu, coconut, porridge, banana, mushrooms, semolina, couscous, popcorn

WHITE DIET SAMPLE MENU PLAN:

REMEMBER TO DRINK AT LEAST A GLASS OF APPROVED CLEAR FLUIDS* EVERY HOUR

Breakfast:	Rice Bubbles with milk and white sugar Regular white toast and scrambled egg – white only
Morning Tea:	Plain rice crackers with fetta cheese
Lunch:	Sliced chicken breast, butter, regular white bread sandwich White chocolate Freddo or Lemonade icy-pole
Afternoon Tea:	Plain vanilla yoghurt or vanilla milkshake
Early Dinner:	Plain grilled white fish, white sauce Boiled white rice or pasta or peeled potato Vanilla ice cream

THE DAY BEFORE YOUR PROCEDURE:

1. During the day drink at least one glass of Approved Clear Fluids* (plus preparation liquids) each hour until bedtime.

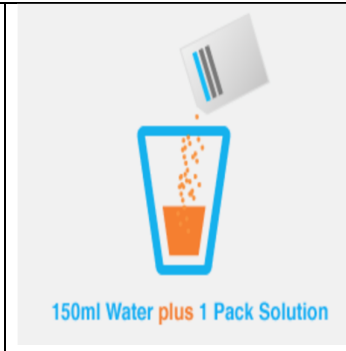
*Approved Clear Fluids:

- Water, clear salty fluids (e.g. clearbroth)
- Clear fruit juices (e.g. apple and pear), plain jelly (not red or purple)
- Black tea or coffee (no milk or soy)
- Sports drinks (Gatorade, PowerAde, and Hydralyte, etc.)
- Carbonated beverages, barley sugar, clear fruit cordials
- Moderate alcohol is allowed.

2. You may eat anything, in moderation, from 'The White Diet' until 5:00pm; solid food cannot be eaten after this time. Clear fluids are allowed.

3. Prepare the bowel prep solution

1. Fill a mug with 150ml of cold water
2. Empty contents of one sachet in the mug (rarely, mixture may heat up –allow to cool before drinking)
3. Stir until completely dissolved
4. Following each dose, drink 1.5-2L litres of a variety of clear fluids (above) over 4 hours. **DO NOT DRINK JUST WATER ALONE.** Drinking only water to replace the fluid losses may lead to electrolyte imbalance, especially low sodium and possibly seizures



4. Timing of Pico-Salax® doses

- a. 1st Dose Pico-Salax® solution at 4pm day before procedure
- b. 2nd Dose Pico-Salax® solution at 9pm day before procedure
- c. 3rd Dose Pico-Salax® solution 4 hours before your scheduled hospital arrival time : This may mean waking up in the early hours of the morning but is important for achieving optimal results.

DAY OF PROCEDURE -

1. Take 3rd Dose of Pico-Salax® solution (150ml) 4 hours before your scheduled hospital arrival time.
2. Continue clear fluids up until 2 hours prior to your procedure. After this time you **must** fast - fasting means **nothing** to eat, drink, suck or chew.
3. Please take your regular medication (except iron tablets, blood thinners, warfarin, insulin and diabetic tablets) with small sips of water.
4. You must not drive after the test because the sedation may make this unsafe. Please arrange for someone to take you home.