



Colonoscopy

Preparation with sodium picosulfate

Information brochure

Hôpital du Haut-Richelieu

You are about to have a colonoscopy. This test involves examining the inside of your colon and rectum with a camera. The procedure takes about 15 to 20 minutes. After the test, the nursing staff will keep you under observation for about 30 to 60 minutes. You should expect the appointment to take about 2 hours in total.

A colonoscopy is done to:

- Take biopsies or remove polyps;
- Control bleeding in the colon;
- Make a diagnosis.

General information about your medication

- Bring an up-to-date list of your medications (provided by your pharmacist) with you to the test.
- Unless instructed otherwise by your doctor, you can take your medication as usual.



Anticoagulants and antiplatelets (blood thinners)

If you are taking blood thinners, a nurse will call you before your colonoscopy.

Do not stop taking acetylsalicylic acid (Aspirin[®]) if your dose is less than 160 mg.

A nurse will call you.

Diabetes and insulin

If you are taking insulin, a nurse will call you before your colonoscopy.



If you do not hear from the nurse, call us one week before your appointment.

Hôpital du Haut-Richelieu: 450-359-5000, ext. 3750

The morning of the test (if you are diabetic):

- **Do not take** your diabetes medication in pill form.
- Do a blood glucose (sugar) test before leaving home.
- Remember the result, because you will be asked for the number before your colonoscopy.
- Result: _____



Do not stop taking any other medication unless instructed otherwise by a doctor or a nurse.

Pacemaker/Defibrillator

- Before the test, you will need to tell us whether your pacemaker is also a defibrillator.
 - If you do not know, find out from your cardiologist before your colonoscopy.



Preparation at home (before the test)

After the preparation, your stools should be watery and look yellow like urine.



*If you are constipated during the week before your test, you can start the low-fibre diet 3 days before the colonoscopy and start the liquid diet 1 day earlier (2 days before the colonoscopy).

7 DAYS before the test

- Stop taking your iron and fibre supplements.
- Pick up the following products from your pharmacy:
 - Bisacodyl (Dulcolax) 4 tablets
 - Sodium picosulfate (Pico-Salax) 2 sachets

2 DAYS before the test

Low-fibre diet

Foods not allowed	Foods allowed
Brown bread/rice, multigrain pasta, whole grains	White bread/rice, white pasta, soda crackers
Legumes (lentils, chickpeas, etc.)	Fish, seafood, eggs, lean meat
Nuts and seeds, chips, popcorn, coconut	Puffed rice cereals
Fruits and vegetables	Dairy products, including cheese and yogurt

- At 5 p.m., take two (2) **Dulcolax** 5 mg tablets.



Call the diet info line at 450-466-5000, ext. 4032, for examples of foods that are allowed (recorded message).

The day before the test

Liquid diet

- **Drink only clear liquids** throughout the day (about 1 cup of liquid per hour).
 - Water, clear (pulp-free) juice, chicken broth (no noodles), herbal tea, black tea, clear soft drinks, Jell-O (**no red or purple liquids**).
- Try to drink different liquids to maintain your nutrient intake.
- **Do not eat/drink:** dairy products, Ensure[®], Boost[®], vegetable juice, alcoholic beverages, dark soft drinks, solid foods.

Preparing and taking the **medication**

- Dilute the **Pico-Salax** sachets in 150 ml of water and refrigerate.
- At 4 p.m.**, drink the first preparation of **Pico-Salax**.
- At 5 p.m.**, take the remaining two (2) **Dulcolax** 5 mg tablets.
- Stay on the liquid diet** as described above.
- You need to drink at least 6 glasses (1.5 to 2 litres) of authorized liquids over the next 4 hours. This will help prevent dehydration.

The day of the test

4 hours before your test

Drink the second preparation of **Pico-Salax**. Stay on the liquid diet, drinking at least 4 glasses (1.5 litres) of authorized liquids, until 2 hours before your test, then stop drinking.

Bring to the hospital

- A bag for your clothes
- Your health insurance card and hospital card
- This information brochure

*You must have someone drive you home after the test because you will be given a medication that makes you groggy and prevents you from driving for 24 hours.

Do not bring to the hospital

- Valuables
- Jewelry or body piercings
- Credit cards
- Avoid wearing contact lenses; wear your glasses instead

After the test

- For the first few hours after your colonoscopy, it is normal to experience abdominal cramps, bloating or flatulence, since air was introduced into your colon during the test.
- You may experience **bleeding** for up to 7 to 10 days after a biopsy or a polyp removal.
 - You will probably notice blood in your stools as early as your first bowel movement.
 - The bleeding is usually minor and stops on its own.
- You may eat normally after the procedure, unless instructed otherwise by your doctor.
- You may start taking your regular medication again (including diabetes medication and blood thinners), unless instructed otherwise by your doctor.

After you get home

Call your doctor or Info-Santé 811 immediately if you experience any of the following symptoms:

- Heavy rectal bleeding.
- Severe abdominal pain with or without nausea and vomiting.
- Fever higher than 38.5 °C (101.3 °F) or chills in the 24 hours after your test.
- Black stools.



If you need to cancel your appointment, please notify us at least 72 hours before your test.

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Production

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