



**Dr. Sarah Miller**  
MD, FRCSC

1636 College Avenue | Regina, SK. | S4P 1B6  
T. 306-546-5504 | F. 306-205-8939 | drsarahmiller.ca

## Colonoscopy Bowel Preparation Instructions (PICO-SALAX)

You have been booked for a colonoscopy with Dr. Miller on \_\_\_\_\_ at RGH / Pasqua. Please present to the admitting department at \_\_\_\_\_ and then proceed to the endoscopy unit, which is a scent-free environment.

**Please refer to these instructions during the week leading up to your colonoscopy.** It is extremely important to follow these instructions to ensure a successful colonoscopy. If you do not follow these instructions carefully, your bowels may not be prepared for your procedure, and we will need to repeat the procedure/preparation.

### Colonoscopy Checklist

- Upon receipt of this notice, please call (306) 546-5504 to confirm your appointment. Any **rebooking or cancellations must be made 72 hours prior** given lengthy waitlists. If not, there may be a charge associated with not cancelling in this timeframe (exceptions made for extenuating circumstances).
- Purchase your colonoscopy preparation, **PICO-SALAX** (one box containing 2 packets), from your pharmacy at least **one week** before your examination.
- Please notify Dr. Miller's office if you are taking any **blood thinners** - eg) Warfarin, Clopidogrel/Plavix, Dabigatran/Pradaxa, Rivaroxaban/Xarelto, Apixaban/Eliquis. These may need to be stopped prior to your procedure. Please also notify the office if you have a pacemaker or ICD. If you are taking 81 mg of Aspirin, this may be continued.
- Follow a **low-residue diet for 2 days prior** to your colonoscopy. Please see attached. Drink plenty of fluids while taking your preparation to avoid dehydration.
- After midnight the night before your procedure, only a **clear fluid diet** is allowed. (No solid foods to be eaten). This includes water, clear broth, clear fruit juices, Jell-o, popsicles without pulp, carbonated beverages, sports drinks, and tea and coffee (black or with sugar). Do not eat or drink any dairy products (e.g. milk, cream, yogurt, cheese, ice cream). Avoid any red-coloured beverages. Stop drinking any clear liquids at least **2 hours before** your scheduled report time. Do not consume any alcohol **24 hours** prior to your procedure.

## Bowel Preparation Instructions

If you experience nausea while taking this preparation, you may use Gravol as directed on the packaging. You will experience diarrhea. Bloating and stomach cramps are also common. You may experience nausea, chills, headache, and rectal irritation. If you have severe cramps, nausea or vomiting, please try drinking the solution more slowly until symptoms improve. If you develop a skin rash or itching, stop drinking the solution in the possibility that you are experiencing an allergic reaction and call your health care provider. If you have a history of diverticulitis and symptoms recur while taking the preparation, please stop immediately and contact the office to reschedule.

- ❑ First sachet: **Take at 6 pm the evening before your procedure.** Fill a glass with 150 ml of cold water then empty the contents of one sachet into the glass and stir for 2-3 minutes until completely dissolved and cooled. Drink the mixture and then drink 1.5-2 litres of clear fluids over two hours. After midnight the night before your colonoscopy, **only clear fluids are permitted.** Stop drinking any clear liquids at least **2 hours before** your scheduled report time.
  
- ❑ Second sachet: **Take this the morning of your procedure,** a minimum of 3 hours prior to leaving home. Follow the directions as above.

## The day of your colonoscopy

- ❑ Medical considerations:
  - If you have diabetes, **do not take your short-insulin or oral diabetic medications the morning** of your procedure. If you are on a clear fluid diet, stop taking your oral diabetic medication but continue your long-acting insulin at approximately 2/3 of your usual dose. Remember to use glucose-containing clear liquids to help you maintain your blood sugar. If you need help managing this prior to your procedure, please contact your family physician.
  - All other medications may be taken on the morning of your procedure as usual. Please bring your list to the hospital. **EXCEPTION:** Please stop taking any iron supplementation at least 3 days prior to your procedure.
  - If you have sleep apnea and use a CPAP machine, please bring this to your appointment.
  
- ❑ Plan to be at the hospital for approximately 3-4 hours. Leave any jewelry or valuables at home. **You must have someone to pick you up** following the procedure. You cannot drive for 24 hours following administration of sedative medications for the colonoscopy.



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## Low-residue Diet for Colonoscopy

A low-residue diet will help limit the size and volume of stools while taking your colonoscopy preparation. Generally, a low-residue diet is one that avoids foods high in fibre. Ideally, choose foods that are soft and easy to digest with little to no dietary fibre. Read food labels to help you choose. This document may serve as a general guideline. If you have questions regarding this, please contact the office at 306-546-5504. (Adapted from Mercy General Surgery Clinic: University of Iowa Health Care).

### Breads, pasta, cereal, rice, and other starches

What to choose	What to avoid
<ul style="list-style-type: none"><li>• White bread, biscuits, muffins, rolls</li><li>• Plain crackers</li><li>• White pasta, white rice</li><li>• Cream of wheat, Cornflakes, Special K, Cheerios, Rice Krispies</li><li>• Potatoes without the skin</li></ul>	<ul style="list-style-type: none"><li>• Whole-wheat or whole-grain breads with seeds, nuts, coconut, or dried fruit</li><li>• Whole-wheat crackers</li><li>• Wild or brown rice</li><li>• Whole-grain cereals, bran cereals, granola</li><li>• Popcorn</li></ul>

### Milk and Dairy (limit to 2 cups)

What to choose	What to avoid
<ul style="list-style-type: none"><li>• Milk, smooth yogurt, ice cream, custard, cheese, and cottage cheese</li></ul>	<ul style="list-style-type: none"><li>• Ice cream or yogurt with seeds, nuts, or chunks of fruit</li></ul>

### Vegetables

What to choose	What to avoid
<ul style="list-style-type: none"><li>• Well-cooked or canned vegetables without seeds</li><li>• Eggplant, green beans, carrots, yellow squash, beets</li></ul>	<ul style="list-style-type: none"><li>• Vegetables with seeds</li><li>• Canned corn and mushrooms</li><li>• Green peas, lima beans, broccoli, corn, parsnip</li><li>• Pickles and relishes</li></ul>

## Fruit

What to choose	What to avoid
<ul style="list-style-type: none"><li>• Ripe fruits without skin or seeds e.g. banana, nectarine, peach, apricot, papaya, plum, mango, honeydew melon, cantaloupe</li><li>• Cooked or canned fruits without skin or seeds</li><li>• Applesauce</li><li>• Strained fruit juice without pulp</li></ul>	<ul style="list-style-type: none"><li>• Fruit with skin or seeds: all berries, raisins, grapes, pineapple, cherries</li><li>• Raw or dried fruit</li><li>• Prunes and prune juice</li><li>• Jams, preserves, marmalade</li><li>• Tomatoes and unstrained tomato sauce</li></ul>

## Meat and Protein

What to choose	What to avoid
<ul style="list-style-type: none"><li>• Tender, well-cooked meat</li><li>• Ground meat, poultry, fish</li><li>• Eggs, tofu, creamy peanut butter</li></ul>	<ul style="list-style-type: none"><li>• Tough, chewy meat with gristle</li><li>• Split peas, soybeans, beans, lentils, chickpeas</li><li>• Peanuts and crunchy peanut butter</li><li>• Processed meats with casings or skins (e.g. sausage)</li></ul>

## Fats and oils

What to choose	What to avoid
<ul style="list-style-type: none"><li>• Butter, margarine, oils, whipped cream, sour cream, mayonnaise, smooth dressings and sauces, plain gravy, smooth condiments</li></ul>	<ul style="list-style-type: none"><li>• Dressing with seeds or fruit chunks</li><li>• Coconut oil</li></ul>