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Your colonoscopy is scheduled

Date: _____
Time: _____
Place: _____

Instructions for the use of PICO-SALAX

A specific and powerful laxative must be taken the day before the colonoscopy. You were recommended to take PICO-SALAX. It is available at any pharmacy.

You must be near a washroom after taking PICO-SALAX.

The laxative starts acting after one to three hours.

How to use PICO-SALAX?

- You must take PICO-SALAX **the day before** your test.
- Once you start taking PICO-SALAX, you must drink only clear liquids, for example: water, clear energizing drinks, clear grape juice, apple juice, clear cranberry juice, ginger sodas, clear coffee or tea (it can be sweetened if you want), clear broth. Do not drink dairy products or liquids that are not completely clear.
- It is important to drink **6 to 8 glasses of water (250 cc / 8 ounces) of other clear liquids during the 4 hours following the intake of each bag of PICO-SALAX. Then continue drinking one glass of water (250 cc) every hour during the action of the laxative.**

FIRST bag of PICO-SALAX

Date: **The day before the test at 1:00 p.m.**

- Empty the first bag in a cup.
- Add 150 cc of cold water.
- Stir constantly for 2 to 3 minutes until complete dissolution of the laxative.
- If the mixture gets warm, let it cool down before you drink it.
- Drink 6 to 8 glasses of water (250 cc / 8 ounces) or other clear liquids during the 4 hours following the intake of each bag. Then continue drinking one glass every hour during the action of the laxative.

SECOND bag of PICO-SALAX

Date: **The day before the test at 6:00 p.m.**

Repeat exactly the same instructions than for the first bag.
You can drink water to hydrate until 3 hours before the test.

Physician: 81-264 _____