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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 of 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 of 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.**
- The day of the test, have a light breakfast around 7:30 a.m. and then start your preparation with PICO-SALAX at 8:00 a.m.

## FIRST bag of PICO-SALAX

Date: **The day of the test at 8:00 a.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 the bag.

## SECOND bag of PICO-SALAX

Date: **The day of the test at noon**

Repeat exactly the same instructions than for the first bag.  
You can drink clear liquids to hydrate until 3:00 p.m.

Physician: 81-264 \_\_\_\_\_