

**IT IS IMPORTANT TO FOLLOW INSTRUCTIONS FOR THE PROCEDURE  
TO BE CARRIED OUT SUCCESSFULLY.**

**PATIENT INSTRUCTION: COLONOSCOPY and GASTROSCOPY**

**I BOX OF PICO-SALAX AND 1 BOTTLE OF CITROMAG MUST BE PURCHASED AT ANY PHARMACY IN ORDER TO PREPARE FOR THE TEST.**

**If you have a problem with vomiting or drinking laxatives you may want to purchase GRAVOL and take it half an hour before each bottle of laxatives.**

**PLEASE NOTE:**

**IF YOU ARE TAKING COUMADIN,PLAVIX OR ASPIRIN PLEASE STOP 5 DAYS PRIOR TO THE TEST.**

**IF YOU ARE ON IRON PILLS, STOP TAKING 1 WEEK BEFORE THE TEST.**

**NO SEEDS 5 DAYS PRIOR**

**IF YOU ARE ON INSULIN OR TAKING PILLS FOR DIABETES, DO NOT TAKE THEM THE MORNING OF THE TEST.**

**2 DAYS BEFORE THE TEST**

**AT 7:00PM TAKE I CITROMAG AND DRINK 7-8 GLASSES OF WATER OR APPLE JUICE**

**THE DAY BEFORE THE TEST**

- **NO SOLID FOODS ALL DAY (THE DAY BEFORE THE TEST).**
- **YOU CAN ONLY HAVE CLEAR FLUIDS, CONSOMME, CLEAR SOUP (WITHOUT RICE, NOODLES OR VEGETABLES IN THE SOUP), JELLO,**
- **YOU CAN DRINK APPLE JUICE, BLACK COFFEE AND TEA.**
- **NO MILK., NO RED SOUPS OR RED JELLO.**

**1. AT 4:00 PM THE NIGHT BEFORE THE TEST TAKE 1 PACKET OF PICO-SALAX ACCORDING TO THE INSTRUCTIONS ON A PICO-SALAX BOX FOLLOWED BY 6-8 GLASSES OF WATER OR APPLE JUICE.**

**2. AT 8:00 PM THE NIGHT BEFORE THE TEST TAKE THE OTHER PACKET OF PICO-SALAX FOLLOWED BY 6-8 GLASSES OF APPLE JUICE OR WATER.**

**3. NOTHING TO EAT OR DRINK AFTER MIDNIGHT**

**YOU WILL BE SEDATED FOR THIS TEST SO DO NOT  
DRIVE YOUR CAR TO YOUR APPOINTMENT AND YOU  
WILL NOT BE ABLE TO DRIVE FOR THE REMINDER OF THE DAY. BE  
SURE TO HAVE SOMEONE ACCOMPANY  
YOU HOME AFTER THE APPOINTMENT. FAILURE TO  
COMPLY WILL RESULT IN CANACELLATION OF YOUR  
APPOINTMENT**

**IF THIS APPOINTMENT IS NOT CANCELLED WITHIN 48 HOURS YOU WILL BE  
RESPONSIBLE FOR THE CHARGE OF \$250.00**

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