

Dr. Jonathan Ramkumar
Advanced Laparoscopic & General Surgery
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Endoscopy with Pico-Salax or Purg-odan

We will aim to give you 2-4 weeks' notice regarding the date of your procedure and we must be able to contact you 4-5 days prior to your procedure to confirm the exact time.

If we cannot speak with you in person to confirm, your date will be given to another patient on the endoscopy waitlist.

2 Days prior to your Procedure Date:

STOP blood thinner medications such as Xarelto (Rivaroxaban), Pradaxa (Dabigatran), Eliquis (Apixaban), Arixtra (Fondaparinux) & Lixiana (Edoxaban)

5 Days prior to your Procedure Date:

STOP blood thinner medications such as Plavix (Clopidogrel), Ticlid (Ticlodipine), Brilinta (Ticagrelor), Effient (Prasugrel) & Warfarin (Coumadin)

If you have a mechanical heart valve or had a cardiac stent placed in the last 6 months, please let Dr. Ramkumar know to receive special instructions.

On the day of your procedure, report to the **Ambulatory Care Department** located in the hospital across the street from this office.

An intravenous will be inserted, if you choose to have sedation, to administer medication during the procedure. The exam normally takes about 30-45 minutes, and you will be able to leave the hospital 1-2 hours afterwards.

If you have sedation, You **MUST** have someone drive you home as you will **legally** be unable to drive or operate machinery for the rest of the day.

Your driver must come into the building to drop you off and pick you up to verify your ride home. You will be able to work normally the following day.

You will need to Purchase 3 Single packages of Pico-Salax from our office or any pharmacy of your choice. (Yes, 3 is correct)

5 Days prior to your Procedure Date:

STOP eating Corn, The peel/skin of any fruit or vegetable, The seeds of any fruit or vegetable, Dried fruit, Any whole-grain or whole seeds such as flax, nuts or popcorn, Raw vegetables, Gas producing foods such as broccoli, cabbage, dried beans or peas, Whole-grain bread or pasta, Brown or wild rice, Oatmeal, Cereal such as shredded wheat or granola products, Chia seeds, Quinoa, Meat with gristle, Fatty foods, Herbal supplements, Iron supplements

YOU MAY EAT White bread, 100% whole wheat bread, White rice, Noodles, Skinless potato, Skinless poultry or seafood, Eggs, Smooth nut butter, Dairy or dairy alternatives, Applesauce, Canned fruit without seed or skin, Ripe banana, Cooked or canned vegetables without peel or seeds, All-Bran, Metamucil, ground flax or ground psyllium.

FOR the whole day prior, CONTINUING until your procedure is complete:

CONSUME ONLY CLEAR FLUIDS such as clear broths or bouillons like chicken broth or vegetable broth, Clear pulp free juices such as apple, white grape, white Cranberry or lemonade, Black tea or coffee to which you may add a sweetener, Sports drinks such as Gatorade, Pop such as ginger ale, 7-Up or Sprite, Water, Juice from drink crystals, Fruit ice popsicles or Jell-O.

NO milk products, **NO** alcoholic beverages, **NO** red or purple-colored drinks

HOW TO TAKE PICO-SALAX OR PURG-ODAN

Fill mug with 150 ml (2/3 cup) cold water

Empty contents of one sachet in mug. (Mixture may heat up – allow to cool before drinking). Stir until completely dissolved.

Following each dose, make sure to drink 2 liters of a variety of clear fluid over 3 hours.

DO NOT DRINK WATER ALONE.

Take **FIRST** packet of Pico Salax **at 5pm** the evening before procedure followed by 2 liters of a variety of clear fluids over the next 3 hours to stay hydrated.

Take **SECOND** packet of Pico Salax **at 8pm** the evening before procedure followed by another 2 liters of a variety of clear fluids over the next 2 hours until bedtime.

Take **THIRD** packet of Pico Salax **exactly 5 hours** before the start time of the procedure.

Take another 2 liters of a variety of clear fluids over the next 2 hours.

3 hours before the start time of your procedure you **should not** take anything else by mouth.

Arrive at the Ambulatory Care Department **1 hour prior** to the start time of the procedure with your designated driver.