

## Volume Guide:



1 Cup  
Approx.  
150 mL



1 Glass  
Approx.  
200 mL



1 Mug  
Approx.  
250 mL



1 Large Glass  
Approx.  
250 mL

## Instructions for a morning procedure

### How to take your 2 sachets of PICOSALAX<sup>®</sup>



On the day before the procedure stop solid foods at the time instructed by your doctor. Thereafter, drink only clear liquids. See the next page for a list of allowed clear liquids. You should expect frequent loose bowel motions to start at any time after taking a dose of **PICOSALAX<sup>®</sup>**. Ensure that you have access to a toilet at all times following each dose, until the effects wear off.

### Sachet 1 - Afternoon before procedure

Tick when first sachet taken

Date:  Time

### Sachet 2 - Night before procedure

Tick when second sachet taken

Date:  Time

## Preparing the PICOSALAX<sup>®</sup> solution

### STEP 1:

Fill a glass with 150 mL of cold water.



### STEP 2:

Empty the contents of one sachet into the glass.



### STEP 3:

Stir for 2-3 minutes then drink.

If it becomes warm wait until it cools sufficiently to drink



### After Sachet 1

### STEP 4:

Drink at least 5 large glasses (250mL each) of clear liquids, spread over several hours. Tick as you drink.



### After Sachet 2

### STEP 4:

Drink at least 3 large glasses (250mL each) of clear liquids, spread over several hours. Tick as you drink.



**N.B. Serious dehydration and electrolyte disturbances may occur in some people. Please drink a combination of the suggested clear liquids on the back of this sheet. DO NOT DRINK WATER ALONE.**

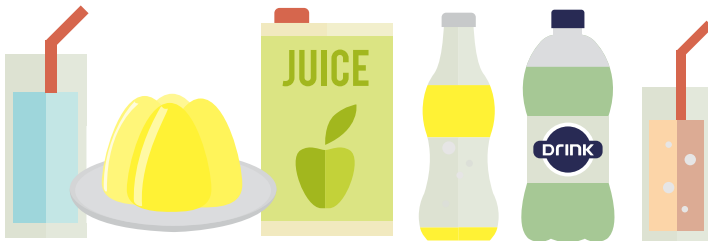
# Clear Liquids List

It is important to drink plenty of clear liquids.  
Do not drink water alone. See examples:



## ✓ Yes, you can drink...

- Water
- Clear apple juice
- Clear soft drinks (eg. lemonade, ginger ale)
- Clear white grape juice
- Isotonic drinks (eg. Gatorade<sup>®</sup>)
- Hypotonic drinks (eg. Gastrolyte<sup>®</sup>, Hydralyte<sup>®</sup>)
- Jelly



## DAIRY-FREE hot drinks and clear soup

- Black tea or coffee  
(may be sweetened, but with NO MILK/  
DAIRY PRODUCTS)
- Clear soup (eg. strained chicken broth)



## ✗ No, do not have...

Cloudy or fruit juice  
with pulp



Any milk or dairy products...

Including soy and cream



Any red or purple drinks



\*formed in solution from magnesium oxide 3.5g and citric acid 12g

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By scanning the QR code with your smart phone or tablet, you can access patient information including a video on how to administer PICOSALAX<sup>®</sup>. Alternative access via [www.mybowelprep.com.au](http://www.mybowelprep.com.au)