



## BOWEL PREPARATION INSTRUCTIONS FOR COLONOSCOPY USING PICOLAX

In order to prepare the bowel for the colonoscopy examination, it is essential that you drink plenty of clear fluids (e.g. black tea, black coffee, water, fruit squash (NOT blackcurrant), carbonated water, clear soup, Bovril and Oxo) throughout the treatment with Picolax. Please drink at least a tumblerful of clear fluid every waking hour during the treatment day and continue to do the same on the day of examination until two hours before your colonoscopy.

Please find enclosed the two sachets of Picolax and your instructions which are essential for a proper examination.

### 7 days prior to colonoscopy

Stop taking any iron tablets or constipating agents (such as immodium, loperamide or codeine) which you may have been prescribed. Continue with all other medications and any laxatives until your colonoscopy.

### 2 days prior to colonoscopy

Eat only foods from the follow list: eggs, cheese, white bread, butter/margarine, rich tea biscuits, potatoes (no skins), white fish or skinless chicken. **DO NOT EAT** brown bread, red meat, pink fish, fruit, vegetables or cereals in any form. **Do have plenty to drink.**

### 1 day prior to colonoscopy

**Before breakfast and no later than 8.00am**, take the first sachet of Picolax. Dissolve the contents into a tumbler of water, stir for two to three minutes then drink the mixture. If you are taking any oral medication do not take it within the first hour of taking the Picolax. Be prepared for frequent bowel actions within three hours of this first dose.

Breakfast should be limited to boiled/poached egg, white bread and a scraping of butter/margarine.

### Drink at least a tumblerful of clear fluid every hour.

**Lunch: 12.00noon to 1.30pm.** A small portion of steamed, poached or grilled fish with a very small portion of boiled potatoes or white bread. Clear jelly (NO red or blackcurrent jelly) may be taken for dessert. **No further solid food is to be taken until the examination is complete but continue to drink plenty of clearfluids throughout the afternoon – at least a tumblerful every hour.**

**Two hours after lunch and not later than 4.00pm**, take the second sachet of Picolax as previously described.

Continue to drink plenty of clear fluids throughout the evening, at least a tumblerful every hour.

### AFTER TAKING THE PICOLAX

You should expect frequent bowel actions and eventually diarrhoea starting usually within three hours of the first dose. Side effects of the Picolax can include nausea, vomiting, bloating, abdominal pain and sleep disturbance. Please use some barrier cream such a zinc and castor oil if necessary on your bottom to prevent soreness. Stay within easy reach of a toilet after starting the Picolax.

Should you develop vomiting, severe diarrhoea with dizziness, headache and confusion, please contact the Endoscopy Department.

### ON THE DAY OF EXAMINATION

Continue to drink at least a tumblerful of clear fluids every hour up until two hours before your appointment time.

If you have had any difficulties with the above procedure or you have any concerns regarding this procedure, please ring the Endoscopy Department on 01582-497298 and speak to a member of the nursing staff.

***If you do not follow these instructions, it will not be possible for us to do the colonoscopy test.***