

BOWEL PREPARATION INSTRUCTIONS - PICOLAX

You have been supplied an oral bowel cleansing agent (sometimes called “bowel prep”). The purpose of this is to clear out your bowels and ensure safety and effectiveness of the planned endoscopic procedure. There is a risk of developing dehydration, low blood pressure or kidney problems with this medication. The person prescribing the oral bowel cleansing agent will have assessed your risk and identified the most appropriate medication for you. You **MAY** require a blood test to check your kidney function. You will have been informed if this is the case.

Always refer to the manufacturer’s instructions when taking your preparation. However the following rules apply in all cases:

- One sachet to be mixed with 150mls (approximately half a glass) of cold water. Heat can be generated during mixing so allow the solution to cool before drinking.
- The bowel prep will cause diarrhoea – it usually acts within 3 hours of the first dose so you will need to stay close to toilet facilities.
- The bowel prep can cause dehydration so you should maintain a good fluid intake whilst taking these medications. Drink plenty of clear fluids (avoid red coloured juices) and follow the diet below.
- If you develop symptoms of dehydration and cannot increase your fluid intake, then you should seek medical attention. These symptoms include: dizziness or light headedness (particularly on standing up), thirst or reduction in passing urine.
- Diabetic patients to contact the diabetic clinical nurse specialist (as per written information sheet) if further advice is required.

If you have not received specific advice regarding your regular medications then you should continue to take them as normal. However, you may need to amend the timing as it is preferable to avoid taking them less than one hour either side of any dose of oral bowel cleansing agent. Occasionally you may be asked to stop:

- Anti-hypertensive (Blood pressure tablets).
- Diuretics (Water tablets).
- Anti-inflammatory drugs
- Iron preparations (You WILL need to discontinue at least 7 days before the investigation)

- Blood thinning tablets (aspirin, warfarin, and clopidogrel) – this will depend on the reason for your bowel investigation).

Two days before you test please commence a low residue diet. Examples are written below.

PLEASE DO NOT EAT ANY SOLID FOODS ON THE DAYS THAT YOU TAKE THE PICOLAX BOWEL PREPARATION

DO NOT eat any fruit, Pulses or lentils, Vegetables, Nuts/ seeds, Wholemeal bread, Brown rice, High fibre breakfast cereals

Breakfast

Tea/coffee (with milk and sugar/sweetener).

Choose from the following:

- Crisp rice cereal or cornflakes with up to 100ml milk (**NO bran**).
- 2 slices white bread/toast with a thin spread of butter/margarine and honey as desired.
- 1 boiled/poached egg and 1 slice white bread/toast with thin spread of butter/margarine.
- 50grams of cottage cheese and 1 slice of white bread/toast with a thin spread of butter/margarine.

Mid-morning

Tea/coffee (with milk and sugar/sweetener).

Lunch and dinner choices

Choose one of the following (smaller portions are allowed)

- 75g meat/fish.
- 2 boiled/poached eggs.
- 100g cheese (may be cream cheese, cottage cheese or cheese sauce).

And one of the following:

- 2 slices of white bread/toast with thin spread of butter/ margarine.
- 2 egg sized potatoes without the skin (may be boiled, mashed or baked).
- 2 tablespoons of plain white rice/pasta/plain macaroni or noodles.

Gravy may be made using stock cubes, white flour or corn flour for thickening.

Deserts/sweets:

- Clear jelly (not red), boiled sweets or mints.

If you have a morning appointment

You will need to take the bowel preparation at 6pm the evening before your procedure and 6am on the day of the procedure

Please take the first sachet of picolax at 6pm on the day **BEFORE** your procedure. You are not allowed to eat any solid food but it is very important that you drink plenty of clear fluid. You should aim to drink a glass of water, juice (please avoid red coloured juices), tea or coffee **WITHOUT** milk every hour up to two hours before your investigation. (Except when sleeping).

The second sachet of Picolax is to be taken at approximately 6am on the day of the procedure. Please make the second sachet up in the same manner as the first sachet.

If you have an afternoon appointment

You will need to take the bowel prep at 6pm the day before the investigation and 9am on the day of the investigation

Please take the first sachet of picolax at 6pm on the day **BEFORE** your procedure. You will need to take your second sachet of picolax at 9am on the morning of your procedure. You are not allowed to eat any solid food but it is very important that you drink plenty of clear fluids. You should aim to drink a glass of water, juice (please avoid red coloured juices), tea or coffee **WITHOUT** milk every hour up to two hours before your investigation. (Except when sleeping).

NOTE – If you suffer from constipation it may be advisable to take laxatives for two days before you start the picolax sachets. Please contact the endoscopy department for advice if this is required.