

Risks and concerns

If you begin vomiting whilst taking your bowel prep, please stop taking bowel prep and contact the Endoscopy Department:

Please seek medical attention **via NHS 111** as soon as possible if:

- After taking all of your bowel preparation you have not had your bowels open within 7-8 hours.
- You experience symptoms of dizziness or light headedness (particularly on standing up), thirst or reduction in passing urine.

Please go to the nearest **Accident and Emergency** as soon as possible if:

- Your stomach is swollen, you have not passed wind and feel sick.

Contact Details

Endoscopy Pre-assessment Team

Stoke: 01782 675732 / 675734

County: 01785 886342 / 239993

This is a voice message facility so please leave your name, hospital number and contact number.

Alternatively, you can email us at:

Myendo@uhnm.nhs.uk



Patient Information Leaflet

PICOLAX

Instructions for taking your Oral bowel prep

Please read all of this booklet **before your appointment as this may affect medication** that needs to be stopped.

Please speak to a member of staff if you need this leaflet in large print, braille, audio or another language

Introduction

You have been given this leaflet which will explain and support you with the colonoscopy/flexible sigmoidoscopy procedure. A procedure leaflet may have been provided electronically or given to you at your pre-assessment. If after reading this you have any questions, please speak to one of the team.

Preparing for the procedure

- A colonoscopy takes between 10- 45 minutes.
- A flexible-sigmoidoscopy takes 10 - 20 minutes.
- You may be in the department for up to 3 hours.
- Sometimes patients find the test painful. Gas and air (Entonox) or sedation is available to use for pain relief if needed. You will be awake throughout the procedure.
- You will be asked to wear a hospital gown and dignity shorts. **You can bring your own dressing gown and slippers if you wish.**

Preparing your bowel

Your bowel needs to be empty for the procedure so that the doctor or specialist nurse can see the lining of your bowel. This will require you to take an oral preparation which is a bowel cleansing agent (referred to as "bowel prep").

To prepare for this please read pages 7-10 a few days before your procedure and follow the instructions.

STEP 1



- Empty the contents of 1 sachet in to a tall glass/beaker.
- Add 150ml (¼ pint) cold water to half fill the glass/beaker.
- Stir the mixture with a spoon for 2 or 3 minutes.
- The liquid will fizz and become warm. Allow the liquid to cool.

STEP 2



Drink all of the liquid. No need to rush, you can drink this at your own pace.

STEP 3

Repeat with the 2ND SACHET

Remember to drink 1.25 litres (2 pints) of clear fluid over the next couple of hours and stop 2 hours before the procedure.

Bowel Prep Instructions



What is bowel prep?

The bowel prep clears out your bowels to ensure safety and effectiveness of the planned endoscopic procedure.

The following applies in all cases of bowel prep:

- The bowel prep will cause diarrhoea and urgency so you will need to stay close to toilet facilities.
- **You must** drink 1.25 litres (2 pints) of water after each sachet of bowel prep which will then flush the prep through your system. This will ensure that the preparation is effective and reduce the risk of the prep not working. This will be explained in more detail at your pre-assessment.
- The more fluid you drink, the more effective it will be and naturally if you are hydrated you will feel better within yourself.
- **Only drink light coloured diluted squash such as orange or apple squash.**
- Sipping the bowel prep and not gulping will reduce nausea.

Medication

Please let us know if you are taking any regular medicines at your pre-assessment appointment (including anything you buy yourself over the counter or any herbal or homeopathic medicines).

All medications will be discussed with you by the nurse at your pre-assessment. Any medications you have been advised you can take, need to be taken 1 hour before you start the bowel prep or, 1 hour after you have taken the bowel prep. This is because any medication taken is not absorbed into your system if taken during the bowel prep.

Use the space below to list your medication(s).

Refer to the manufacturer's instructions when taking your preparation for a list of ingredients and allergies.

Do not stop taking your medication unless you have been advised to during your clinic or pre-assessment appointment.

Female Patients

Diarrhoea can make any oral contraceptive pill less effective. Continue with the pill and use extra precautions for the next 7 days.

How to take the bowel prep (Picolax)

Use the instructions below following the timings on your morning or afternoon plan.

1. Empty the contents of **ONE picolax sachet** into a tall glass/beaker. Add 150mls ($\frac{1}{4}$ of a pint) of cold water to half fill the glass/beaker.
2. Stir the mixture with a spoon for 2 or 3 minutes. The liquid will fizz and become warm.
3. Allow the liquid to cool. Drink all of the liquid. No need to rush, you can drink this at your own pace.
4. You must drink an **additional** 1.25 litres (2 pints) of water or fluid of your choice (**no milk**).
5. On the day of your test, please follow the instructions on page 7 if you have a morning appointment or page 8 for an afternoon appointment.
6. You must then make up your **second picolax sachet** into a tall glass/beaker. Add 150mls ($\frac{1}{4}$ of a pint) of cold water to half fill the glass/beaker.
7. You must drink an **additional** 1.25 litres (2 pints) of water or fluid of your choice (**no milk**).

You will experience watery bowel movements so stay close to a toilet.

If you have not had your bowels open after taking the solution refer to **page 12**.

ADULT BOWEL PREP INSTRUCTIONS FOR AN AFTERNOON APPOINTMENT

Five (5) Days before the Test	Stop taking Iron tablets.
Three (3) Days before your test	Eat a low residue (low fibre) diet. This supports the emptying of your bowel. (see pages 5 and 6)
Before 9.00am Day before your test	Please make sure you have your breakfast before 9.00am.
After 9.00am Day before your test.	No more solid food after breakfast. No milk. Only have the fluids: flavoured water/ lemonade/ light coloured squash, black tea/ black coffee, Oxo/ Bovril or other meat/veg extract cubes/clear strained soup e.g. consommé. Boiled sweets and Jellies are allowed.
At 6.00pm the evening before your test	Take the first picolax sachet of your bowel prep. As instructed on page 3, you must drink 1.25 litres (2 pints) of clear fluid over the next couple of hours at your own pace.
On the day at 9.00am morning of your test .	Take the second picolax sachet of your bowel prep. As instructed on page 3, you must drink 1.25 litres (2 pints) of clear fluid over the next couple of hours at your own pace.
The day of your test (up to 2 hours before appointment time in your letter).	Stop drinking any fluids. Take any essential medicines (as agreed during your pre-assessment appointment) with a sip of water.

Dietary Management – Low Residue Diet

Three (3) days before your procedure.

Start to eat a low residue (fibre) diet. This will help the emptying of your bowel. You must follow this advice as certain foods can affect the outcome of your test and may result in a failed test if not followed.

Please refer to the chart information below and on **Page 6** which will provide you with the right food you can eat if you wish to prepare your own.

You can drink milk but only when you are following the low residue/low fibre diet .

Suggested meals you can eat that are low

BREAKFAST	Cornflakes / Rice cereals White bread toasted / egg(little butter) Do not eat wholegrain cereals such as Weetabix, porridge, bran flakes.
LUNCH	Chicken soup with white bread/ Chicken or Ham, lettuce sandwich/ Egg on white toast.
EVENING MEAL	White bread with ham /cheese (little butter) or boiled potatoes (without skins) well cooked vegetable (turnip, carrots). Small amount of chicken / white fish. White rice/pasta

Food Choices you can eat:

- White bread or toast, pastry, plain naan bread and chapatti, crumpets. **(made with white flour).**
- Cornflakes and rice breakfast cereals, **Do not eat wholegrain cereals such as Weetabix, porridge, bran.**
- Soya or tofu, white rice, white pasta, and noodles, plain couscous. **Do not eat lentils or pulses.**
- Cheese, cottage cheese
- Biscuits made with white flour (rich tea, shortbreads), plain cream crackers, arrowroot, plain scones.
- Well cooked, lean (low fat) beef, lamb, ham, veal or pork, textured vegetable protein, Quorn®
- Poultry, White Fish, Shellfish.
- Eggs boiled or poached.
- Potatoes boiled or mashed without skins, sweet potatoes without skins boiled or mashed. Well cooked vegetables, turnip, squashes, carrots.

Dessert Choices you can eat

- Sponge pudding and custard.
- Mousses, plain or set
- Yoghurts, cream.
- Lemon Curd, Honey.
- Bananas, canned pears, melon, stewed apple (Maximum of 2 portions per day) **Do not eat any seeds, pips, skins or piths.**

ADULT BOWEL PREP INSTRUCTIONS FOR A MORNING APPOINTMENT

Five (5) Days before the Test	Stop taking Iron tablets.
Three (3) Days before the test	Eat a low residue (low fibre) diet. This supports the emptying of your bowel.
Before 9.00am the day before your test.	Please make sure you have your breakfast before 9.00am.
After 9.00am The day before your test.	No more solid food after breakfast. No milk. Only have the fluids: flavoured water/ lemonade/ light coloured squash, black tea/ black coffee, Oxo/ Bovril or other meat/veg extract cubes/clear strained soup e.g. consommé. Boiled sweets and Jellies are allowed.
At 6.00pm the evening before your test (follow instructions on page 9)	Take the first picolax sachet of your bowel prep. As instructed on page 3, you must drink 1.25 litres (2 pints) of clear fluid over the next couple of hours at your own pace.
At 5.00am the Morning of your test	Take the second picolax sachet of your bowel prep. As instructed on page 3, you must drink 1.25 litres (2 pints) of clear fluid over the next couple of hours at your own pace.
The Morning of your test (up to 2 hours before the appointment time in your letter)	Stop drinking any fluids. Take any essential medicines (as agreed during your pre-assessment appointment) with a sip of water.