

Bowel preparation instructions for colonoscopy appointments

Introduction

This information will be a little different from the instructions from the manufacturers of Picolax. This is because we want to ensure the best preparation for your procedure.

When taking any bowel preparation you need to be near a toilet.

We strongly suggest you do not go to work when having the laxative.

What is Picolax?

Picolax is a preparation used to clear the bowel before some investigations. It comes as a powder that when mixed with water makes a solution, which you are then able to drink as instructed. The solution may feel warm after mixing. The preparation cleans your bowel, so the doctor can examine it well. It works by increasing the activity of the bowel and also by holding water in the bowel, which helps to wash it out.

It is very important that you follow the instructions correctly. If you are not properly prepared then the procedure may not be effective and may need repeating.

You should expect frequent bowel actions and eventually diarrhoea. Some intestinal cramping is normal. Using a barrier cream, such as Vaseline, locally after each bowel action will help to reduce soreness around the anus.

Please make sure you are near a toilet once starting your bowel prep!

Two days before your procedure

Eat foods which are low in fibre. Avoid foods such as fruit, green vegetables, cereals, baked beans and brown bread. Choose foods from the 'foods allowed' list on the last page.

Have plenty to drink – at least ½ pint / 284mls, each hour.

Clear fluids

These are any liquids that are not cloudy. Examples of clear fluids that are okay to drink are water, tonic water, black tea or coffee (no milk, sugar is allowed), fizzy and non fizzy soft drinks, cordials (no juice that is red or purple) and clear soups like chicken, beef or vegetable broth (strained without any bits) or consommé, Bovril, Oxo, Marmite and, gelatine (not red or purple), 100% cranberry juice (even though it is red there is no dye in it).

If you have a morning appointment:

To be followed the day before your procedure.

Time	Instruction
7am-8am	<u>Breakfast:</u> <u>avoid</u> vegetables, pulses, porridge and cereals with high fibre, nuts and small seeds such as sesame seeds. Eat only foods from the permitted list as well as clear fluids.
8am	<u>Stop eating from 8am</u> and <u>you cannot eat again until after the procedure.</u> Drink plenty of clear fluids.
1pm	Dissolve the contents of one sachet of Picolax in a glass of cold water, approx 250mls. Stir for 2-3 minutes then drink the mixture. If the mixture becomes hot allow to cool sufficiently, then drink.
1pm-6pm	Drink plenty of clear fluids every hour.
6pm	Dissolve the second sachet of Picolax in water and drink as before.
7pm	No solid food. Continue to drink plenty of clear fluids.

The morning of your test:

Continue with clear fluids **only up to 2 hours before the procedure.** **No solid food until after your appointment.**

If you have an afternoon appointment:

Eat normally until midday the day before the procedure, then follow these instructions:

Time	Instruction
12-1pm	<u>Lunch:</u> have a light lunch from the foods allowed (see last page of leaflet).
1pm	<u>Stop eating from 1pm</u> and <u>you cannot eat again until after the procedure.</u> Drink plenty of clear fluids.
6pm	Dissolve the contents of one sachet of Picolax in a glass of cold water, approx 250mls. Stir for 2-3 minutes then drink the mixture. If the mixture becomes hot allow to cool sufficiently, then drink.
7pm-10pm	Drink plenty of clear fluids* every hour.
7pm	No solid food. Continue to drink plenty of clear fluids.

The morning of your test:

7am-8am	Take one sachet of Picolax in water and drink as before.
8am onwards	Drink plenty of clear fluids <u>up to 2 hours before the procedure.</u> <u>No solid food until after your appointment.</u>

'Allowed' foods list

Foods allowed (in small quantities)	Food <u>not</u> allowed
<ul style="list-style-type: none"> – Tender lean meat, poultry, ham, liver, kidney, and fish (not fried or battered) and eggs. – Potatoes – boiled or mashed (no skins). – Well cooked cauliflower florets (no stalks), carrots, turnip or swede. – Consommé or strained soup. – Soft tinned fruit in natural juice, except those with pips. – White bread, white flour, white rice and pasta. – Water biscuits, cream crackers, Rich Tea, plain sponge cake. – Plain scone (no fruit). 	<ul style="list-style-type: none"> – Tough fibrous meat, hamburgers, beef burgers, sausages, faggots. – Sausage rolls, pasties, pies and pastries. – Whole fruit yoghurts, Muesli yoghurt. – Jacket potatoes, where skins are eaten. – All vegetables not listed on the left. – Baked beans. – Thick vegetable soup. – All fruit not listed on the left. – Wholemeal and granary bread. – Wholemeal flour. – Brown rice and whole wheat pasta. – High fibre crisp breads, digestives, hob-nobs. – Cakes containing dried fruit, nuts or coconut. – All nuts and dried fruit. – Jam or marmalade with skin or pips. – Peanut butter. – All high fibre breakfast cereals, porridge, muesli, bran. – Cheese, cottage cheese or cheese sauce. – Butter, margarine and fats and oils.

Contact information

Contact the Endoscopy Unit during office hours (9am-5pm) on 0118 322 7458 / 7459.

Out of office hours, ring the site managers on 0118 322 8911 or via switchboard on bleep171.

Further information

More information is available on the Trust website: www.royalberkshire.nhs.uk

This document can be made available in other languages and formats upon request.

Endoscopy Unit, April 2017

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