

## PICOLAX - Bowel Preparation

### Afternoon Appointment Instructions

#### General information

This information may be slightly different from the instructions given by the manufacturers of PICOLAX. This is because we want to ensure the best preparation for your procedure.

#### Why do I need to take the bowel preparation?

To ensure a thorough examination of your colon it must be emptied of waste material as your Endoscopist needs clear views of the lining of your digestive tract to enable detection of subtle abnormalities. The PICOLAX bowel preparation is a strong laxative which will empty your bowel of waste material. It is important that you follow these instructions correctly. If you are not properly prepared the procedure may not be successful and may even result in the cancellation of the procedure.

**While taking any bowel preparation we would encourage you to stay near a toilet. We recommend you use a barrier cream and wet wipes for your comfort.**

#### Preparing for your Procedure

If you are **diabetic** or take any **blood thinning medications (except Aspirin)**, please inform either:

Conquest Hospital Endoscopy Unit on 01424 757548  
Eastbourne district General Hospital Endoscopy Unit on 01323 417400 extension 4215

#### Seven Days Prior to your Procedure:

If you take **iron tablets** or **medications to control diarrhoea** please stop taking them until after your examination. You should continue to take any other medication including medication for high blood pressure/cardiac conditions.

We advise that you avoid eating food with seeds in for the 7 days prior to taking your PICOLAX Bowel preparation.

#### Two Days Prior to your Procedure:

Eat foods which are low in fibre. Avoid high fibre foods.

Low fibre foods which are allowed	High fibre foods which should be avoided
Eggs, white meat such as chicken (skinless), grilled or poached fish, cheese, tofu	Breakfast cereals
White bread/toast/butter/margarine, croissants, pasta, rice, boiled or mashed potatoes	Bacon, sausages, black pudding, red meat and pies
Water, fizzy drinks, fruit squash (NOT blackcurrant)	Fruit
Tea, coffee, clear soups	Nuts and pulses including baked beans
Ice cream, custard, boiled sweets	Any vegetables, fruit or salad
Shredless marmalade	Wholemeal or brown bread, puddings containing fruit or nuts, cakes and biscuits
	Yoghurts
	Potato skins or chips, wholemeal pasta, brown rice

## The Day Before your Procedure:

You should stop eating from 1pm after you have had your light lunch from foods on the low fibre list.

DAY BEFORE	FROM 6:00 PM
<ul style="list-style-type: none"><li>• <b>Eat no solid food from 1pm</b></li><li>• Soups if drunk <b>must</b> be strained and clear</li><li>• Tea and coffee can be drunk but <b>must</b> be black</li><li>• Drink <b>no</b> Alcohol</li><li>• Drink <b>no</b> milk or milk products</li><li>• Squash (not red) and herbal teas</li><li>• Water</li></ul>	<ul style="list-style-type: none"><li>• At <b>6pm</b> drink one sachet of <i>PICOLAX</i> in 150ml glass of cold tap water ( the liquid may become warm)</li><li>• At <b>7am the next day</b>, drink the other sachet of <i>PICOLAX</i> as per above instructions</li></ul>
<b>ON THE DAY OF YOUR PROCEDURE</b> HAVE NO SOLID FOOD, MILK OR MILK PRODUCTS  <b>YOU MAY CONTINUE TO DRINK CLEAR FLUIDS ONLY UP TO 2 HOURS PRIOR TO YOUR APPOINTMENT</b>	

## Preparing PICOLAX



Inside the PICOLAX box there are two sachets and an instruction leaflet (as shown above).

## Preparing Picolax

Picolax powder should be dissolved in a cup of cold water (approximately 150mls). Stir for 2-3 minutes and then drink, sometimes the solution becomes hot as the Picolax dissolves. If this occurs wait for the solution to cool before drinking.

In order to replace the fluids lost during the frequent bowel opening it is important to drink plenty of clear fluids whilst bowel actions continue at least one 250ml glass per hour, more if desired.

**Please follow the instructions given to you on this sheet and not those from the box.**

## What to Expect

Side effects: you may experience stomach cramping – this is normal. It is also normal to feel some nausea. If you begin to vomit, please contact your Endoscopy Department on the number listed overleaf for further advice.