

Patient information

PICOLAX - Bowel Preparation

Morning Appointment Instructions

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 that 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
0300 13 14 500 extensions 735297 / 142743 or direct dial 0300 131 5297

Eastbourne District General Hospital Endoscopy Unit
0300 13 14 500 extensions 734595 / 770552 or direct dial 0300 131 4595

Contraception warning, if you are taking an oral contraceptive please take extra precautions whilst taking this bowel preparation and for 7 days post taking bowel preparation.

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.

The Day before your Procedure

You should have a light breakfast of foods low in fibre before 08.00 hours (8 AM).

08.00 hrs (8 AM)
NO SOLID FOOD FROM THIS TIME UNTIL AFTER YOUR PROCEDURE

You can have as much clear fluid as you wish such as water, clear/strained soup, smooth fruit juice, soft drinks (e.g. lemonade, Lucozade), herbal teas (or black coffee or tea (without milk). Avoid red fluids. Aim to drink three litres a day. Add sugar if you like. If you are diabetic, you can suck dextrose tablets and take Lucozade/soft drinks where necessary.

13.00 hrs (1 PM)
Make-up your first sachet of PICOLAX (see below for instructions on how to mix).

Allow at least 2 hours for preparation to begin to work.
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.

19.00 hrs (7 PM)
Make-up your second sachet of PICOLAX.

The Day of your Procedure

HAVE NO SOLID FOOD, MILK OR MILK PRODUCTS
You may continue to drink clear fluids **until two hours before your procedure** and then be nil by mouth if you plan to have sedation. If you are having a flexible sigmoidoscopy without sedation, you may continue to drink.

Preparing PICOLAX



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

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.

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.