



COLONOSCOPY PICOLAX INSTRUCTIONS

Patient Instructions

If you think you have any of the following problems, DO NOT take Picolax but Please contact us on 0113 2494655 for advice:

- **Acute inflammatory bowel disease - “Flare up”**
- **Severe kidney disease or failure**
- **You take Lithium**
- **Heart failure or severe heart disease/problems (you take large doses of Diuretics/water tablets)**
- **Difficulty swallowing (food sticks)**
- **Allergy to any of the prep ingredients (see packets)**

■ **What is bowel preparation?**

Bowel preparation is a solution that you drink to clean your bowels before the colonoscopy. Your bowel needs to be as clean as possible to allow a clear view during the examination and to avoid us having to needing the examination. To achieve this, you will need to follow a special diet and take bowel preparation with Picolax (Sodium Pico Sulphate) which is a laxative.

■ **What are the risks?**

There is a small risk of developing dehydration, low blood pressure or kidney problems with this bowel preparation medication particularly if you have pre-existing medical problems such as chronic kidney disease, severe heart failure or advanced cirrhosis.

If you develop the symptoms of dehydration (dizziness or light-headedness, particularly on standing-up, thirst or reduced urine production), and cannot increase your fluid intake, then you should seek medical attention.

■ **What to eat and how to take your Bowel Preparation**

Examples of foods which you may eat include:

- Fats (use sparingly), Butter, Margarine
- Eggs: Boiled, Poached
- Cereal: Crisped rice cereal, corn flakes (no bran)
- Cheese: Cream Cheese, Cottage Cheese, Cheese Sauce
- Potatoes (no skin): Boiled, Creamed, Mashed, and Baked
- Pasta: Plain Macaroni, Spaghetti, Noodles (not Whole-wheat)
- Rice: Plain, Boiled white rice
- Meat/Fish: Minced or Well-cooked tender, Lean Beef, Lamb, Ham, Veal, Pork, Poultry, Fish, Shellfish
- Gravy: Using stock cubes (White Flour or Corn Flour may be used to thicken)
- Bread: White bread / Toast
- Sugar/Sweetener: White Sugar, Brown Sugar, and Sweetener
- Dessert: Clear Jelly (Green and Yellow only, NOT Red or Blackcurrant)

Clear Drinks:

- Water
- Tea or Coffee (Black, NO milk)
- Cordial (NOT Blackcurrant)
- Herbal/Fruit Tea
- Clear Soup (Consommé or strained Chicken Noodle Soup)
- Drinks made from stock/meat extract cubes e.g., Bovril.

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If you have any queries regarding your bowel preparation or want to speak to a nurse, please contact us on 0113 2494655.

■ What to do with your normal medicines

Please ring the department if you are taking any of the below medications and have not received specific advice or if you are **DIABETIC**.

You should follow any specific advice you have been given regarding your normal medications. Medications that you may have been asked to temporarily discontinue include:

- IRON tablet for anaemia (such as ferrous sulphate). It is important that you stop taking iron tablets 4 days prior to your colonoscopy. This is because iron takes a few days to clear out of your system.

- BLOOD THINNING MEDICATION such as CLOPIDOGREL or WARFIRIN may need to be stopped prior to the procedure to decrease the chance of bleeding.
- If you are taking the ORAL CONTRACEPTIVE PILL, you should take alternative precautions during the week following the procedure.

■ How to prepare Picolax

Mix the content of one sachet into a cup of cold tap water (approximately 150ml). Stir for 2 to 3 minutes and drink the solution. When you stir the sachet of Picolax into the water, some heat might be produced. Do not worry, this is normal; just allow the solution to cool down and then drink it.

If you have a morning appointment (before 12.30)

The Day BEFORE Your Colonoscopy

Before 7AM have a light breakfast (see foods you can eat on the opposite page)

After 7AM please do not eat anything.

It is advised that you stay near a toilet while taking Picolax as it will give you Diarrhoea. If you have any problems, please contact us. When you have finished taking your bowel preparation, **drink at least 2 litres of clear fluids** to avoid dehydration.

8AM: Take the First sachet of Picolax and dissolve it into a glass of cold water.

4PM: Take the Second sachet of Picolax and dissolve it into a glass of cold water.

Do not have anything to eat until AFTER you have had your colonoscopy the next day.

If you have an afternoon appointment (after 12.30)

The Day BEFORE Your Colonoscopy

Before 1PM have a light breakfast and lunch (see foods you can eat on the opposite page)

After 1PM please do not eat anything.

It is advised that you stay near a toilet while taking Picolax as it will give you Diarrhoea. If you have any problems, please contact us. When you have finished taking your bowel preparation, **drink at least 2 litres of clear fluids** to avoid dehydration.

2PM: Take the First sachet of Picolax and dissolve it into a glass of cold water.

8PM: Take the Second sachet of Picolax and dissolve it into a glass of cold water.

Do not have anything to eat until AFTER you have had your colonoscopy the next day.

The Day OF Your Colonoscopy

Have nothing to eat but you may continue to have clear fluids up to 2 hours before your procedure time.

It is uncommon to have any side effect, however, if you experience any severe side effect listed below please attend A&E:

- Wheezing, difficulty breathing or swelling of the face/tongue/lips
- Rash/itching accompanied by wheezing, difficulty breathing or swelling of the face/tongue/lips.
- Fits/Seizures
- Confusion
- Breathlessness



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