

Bowel preparation instructions for colonoscopy using Picolax – morning procedure

Your doctor wants to examine your large intestine (bowel or colon). To ensure a successful examination it is very important that your bowel is totally empty.

Fibre in your diet takes a long time to be digested and can still be present in your bowel even after taking 2 sachets of Picolax.

We recommend that you eat a low residue diet for the **two days** before taking your Picolax.

The table below identifies which foods you may eat and those which should be avoided.

Food Type	Foods to include	Foods to avoid
Meat/fish	Minced or well cooked - lean beef, lamb, ham, veal, pork, poultry, fish, shellfish.	
Fruit / vegetables	Potatoes - boiled, creamed, mashed or baked (no skins).	All fruit and vegetables
Pasta / rice	Plain macaroni, spaghetti, noodles. Plain boiled white rice.	Wholemeal pasta or spaghetti. Brown rice, vegetable rice.
Cereals / bread	Cornflakes, crisped rice. White bread, plain teacakes and plain rolls	Weetabix, Bran Flakes, muesli. Wholemeal, oatmeal or granary bread. High fibre white bread. Fruit teacakes or rolls with seeds or oats on top
Biscuits / pastries / puddings	Plain biscuits and crackers. Plain sponges, white flour, plain scones, plain pancakes, plain muffins. Jelly (not red coloured), plain yogurts. Yorkshire puddings	Wholemeal crackers, bran biscuits, digestives, oatcakes and fruit biscuits. Wholemeal flour, fruitcake, cakes with seeded jam fillings, wholemeal / fruit scones. Fruit, nut or muesli yoghurts
Other	Soft cheese, cottage cheese, cheese sauce. Eggs, clear soup, vinegar, mustard, herbs, Worcester sauce, sweets, sugar, seedless jam / marmalade, honey, golden syrup, treacle, lemon curd, margarine.	Pickles, chutney, thick vegetable / lentil soup, jam / marmalade with skins or pips

Preparation for your examination

Please note: we do advise you to read the patient information leaflet enclosed in the Picolax packet in conjunction with this leaflet.

It is important that you make sure that you are not allergic to any of the Picolax ingredients and that it does not react with any other medication you are taking.

If you have any questions or concerns about taking the Picolax please contact the Endoscopy department where you are having your investigation:

Huddersfield Royal Infirmary Endoscopy Unit: 01484 355868
Calderdale Royal Hospital Endoscopy Unit: 01422 223920

Medication

7 DAYS BEFORE before your colonoscopy, please stop taking any tablets or medicines containing iron.

2 DAYS BEFORE days before your colonoscopy please stop taking any medicines which might cause constipation:

- Codeine
- Lomotil
- Morphine
- Kaolin
- Imodium

All other medication should be continued as normal unless otherwise instructed.

How to prepare and take Picolax



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

Mix the contents of one sachet in a cup of cold tap water (150ml). Stir for 2-3 minutes and drink the solution. If it becomes hot, wait until it cools sufficiently to drink.

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 note that the first dose will be given on the evening before the examination and the second dose is given on the morning of the examination.

The day before your examination

1pm

Eat a light lunch Do not eat any more solid food until after your examination During the afternoon, you can drink clear liquid to satisfy your thirst.

7pm

In place of your evening meal drink at least one full glass (250ml) of clear liquid, preferably more. Dose 1 Immediately afterwards, dilute the contents of one sachet in half a glass (150ml) of cold water.

Some people find it easier to drink through a straw and if they add a flavour such as lemon/lime cordial. After you have drunk the dilute fluid, drink at least one glass (250ml) of cold water. You can then drink as much clear liquid as you like.

Clear fluids that you may consumed after Picolax include:

- Tea and coffee can be taken without milk (sugar/sweetener can be added)
- Fizzy or still water
- Fizzy drinks (not red coloured)
- Bovril or Oxo drinks
- Clear soups or consomme
- Jellies (not red coloured)

The day of your examination

7am

In place of breakfast drink at least one full glass (250ml) of clear liquid, preferably more.

Dose 2 Immediately afterwards, dilute the contents of one sachet in half a glass (150ml) of cold water. Some people find it easier to drink through a straw and if they add a flavour such as lemon/lime cordial.

After you have drunk the dilute fluid, drink at least one glass (250ml) of cold water. You can then drink as much clear liquid as you like.

General advice

Stay near a toilet. The bowel movement will be watery like diarrhoea.

Use a barrier cream for example Vaseline to protect the skin around your anus (bottom).

Try to continue taking extra clear fluids whilst taking the Picolax.

Side effects

Nausea, vomiting, bloating and stomach cramps are common side effects. If you experience any of these, try taking your Picolax more slowly.

Rarely people may have an allergic reaction to Picolax and may get an itchy rash (nettle rash or hives). If you have these or if any other symptoms occur, contact the Endoscopy Unit or consult your GP.

If you do not follow these instructions, it will not be possible for us to do the colonoscopy test