Preparation for colonoscopy with Picolax: Morning appointment

This information sheet has been issued to you along with two sachets of Picolax. Please follow the advice carefully to ensure an empty bowel which will allow for a complete and thorough examination.

Seven days before your colonoscopy:
If you take iron tablets (e.g. ferrous sulphate, ferrous fumarate) or stool bulking agents (e.g. Fybogel, Ispaghula Husk) please stop taking them until after your colonoscopy.

Five days before your colonoscopy:
If you take medication to control diarrhoea (e.g. loperamide) please stop taking it until after your colonoscopy. Continue to take your other regular medication, including laxatives. You must only eat **low fibre** foods until after your colonoscopy. Examples of food to choose and those to avoid are given in the table below:

<table>
<thead>
<tr>
<th>Choose (low fibre)</th>
<th>Avoid (high fibre)</th>
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<tbody>
<tr>
<td>Cereals such as cornflakes, Rice Krispies, Ricicles, Frosties, Sugar Puffs, Coco Pops</td>
<td>All Bran, Wheat Bran, Weetabix, Shredded Wheat, Branflakes, Oat Bran, Muesli, Ready Brek, Porridge, Granola</td>
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<tr>
<td>White bread / rolls, white wraps, white pitta, white naan or chapatti, crumpets</td>
<td>Wholemeal, high fibre white (‘Best of Both’), softgrain, granary or oatmeal bread products</td>
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<tr>
<td>White pasta or noodles, white rice, cous cous</td>
<td>Wholemeal pasta or noodles, brown rice</td>
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<tr>
<td>White flour, white breadcrumbs or batter</td>
<td>Wholemeal or granary flour, wheatgerm</td>
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<tr>
<td>Chicken, turkey, fish, cheese, eggs (including plain omelettes)</td>
<td>All red meats, including foods containing red meat such as burgers, sausages, ham</td>
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<tr>
<td>Clear or sieved soups (consommé or Bovril)</td>
<td>Chunky vegetable, lentil or bean soups</td>
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<tr>
<td>Potato flesh, boiled or mashed potato, crisps</td>
<td>Potato skins, jacket potatoes</td>
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<tr>
<td>Fruit juice with no ‘bits’ or pulp, cordial, squash herbal or fruit tea (i.e. chamomile)</td>
<td>All fruits and vegetables, smoothies, salads</td>
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<td>Milk, cream, custard, ice cream, jelly, lollies, milk puddings (e.g. crème caramel, semolina, rice pudding, tapioca, sago, blancmange) smooth mousse or yoghurt, crème fraiche</td>
<td>Yoghurts containing pieces of fruit / grains</td>
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<tr>
<td>Sponge cake, Madeira cake, rich tea biscuits, wafers, shortbread, waffles and pancakes made with white flour</td>
<td>Any cakes or biscuits made with wholemeal flour, nuts, fruit or grains (fruit cake, Ryvita, digestives or HobNobs)</td>
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<tr>
<td>Honey, lemon curd, golden or maple syrup, jams or marmalades containing no ‘bits’, Marmite, smooth peanut butter</td>
<td>Jam or marmalade with pips, skins or seeds, crunchy peanut butter, snacks containing nuts or fruit (muesli bars)</td>
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<tr>
<td>Salt, sugar, fine ground pepper, vinegar, mustard, gelatine, ground or dried herbs, salad cream, mayonnaise, ketchup, oil, butter</td>
<td>Nuts, Quorn, fresh herbs, fresh ground peppercorns, whole pickles, chutney, hummus</td>
</tr>
</tbody>
</table>
One day before your colonoscopy:

Eat a low fibre breakfast before 8am. After this you must only have clear fluids until after your colonoscopy. You must not have any food or fluids which are not clear during this period. Clear fluids include the following:

- Water
- Black tea and black coffee (without milk), herbal or fruit tea (no solids)
- Clear, strained soups (consommé, sieved minestrone)
- Oxo, Bovril or Marmite drinks
- Clear jellies (not red or purple)
- Clear fruit squashes and cordials (not red or purple)
- Clear fruit juice (such as apple or white grape)
- Boiled sweets (not red or purple)
- Clear fizzy drinks are okay (not red or purple) but can make you feel bloated

At 8am take the first sachet of Picolax; prepare the Picolax by mixing the contents of one sachet in a cup of cold water (approximately 150ml) and stirring. The solution may become hot. Wait until it has cooled down before drinking it. Do not gulp or rush; take your time. If the Picolax makes you feel sick, slow down and drink a few sips at a time until it is gone. It is okay to flavour it with a clear squash or cordial if you don’t like the taste. Some people find it easier to drink it through a straw.

After two to three hours you should start to experience frequent bowel actions followed by diarrhoea. This will mean that you will need easy access to a bathroom. Some abdominal cramping is expected, but if you feel clammy or faint please seek advice on 01202 704668 or 704908.

It is important to drink plenty of clear fluids after taking each sachet of Picolax to avoid becoming dehydrated. Aim for one or two glasses an hour (approximately 200 - 400ml).

A separate information sheet is enclosed containing advice about taking medication. Please avoid taking medication within an hour of taking Picolax and seek advice if unsure.

At 4pm take the second sachet of Picolax. Remember to keep drinking plenty of clear fluids. You will find that your stool (poo) becomes more liquid, and clearer, each time you open your bowels. By the morning, it should be watery and fairly clear.

The day of your colonoscopy:

Continue to drink plenty of clear fluids until two hours before your appointment, then nothing until after your colonoscopy. It is okay to take tablets such as paracetamol (e.g. for a headache).

Note: If you are having a gastroscopy and colonoscopy you must stop taking anything by mouth four hours before your appointment. If you need to take medication it is okay to do so with sips of water.

For further advice contact the Endoscopy Department: 01202 704668 or 704908 (8am - 7pm).

Please remember to bring a list of your medication and allergies with you when you come in. Your GP receptionist can provide you with a printed list if necessary.

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The Royal Bournemouth Hospital,
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The Bournemouth Hospital Charity raises funds for the Bournemouth and Christchurch Hospitals to enhance patient care and purchase items which directly benefit patients and staff above and beyond that which can be funded by the NHS alone. If you would like to contribute to the Bournemouth Hospital Charity please contact them on 01202 704060, email charity@rbch.gov.uk or visit www.bournemouthhospitalcharity.org.uk.

If you have any queries or concerns about your care at the Royal Bournemouth and Christchurch Hospitals NHS Foundation Trust, the Patient Advice and Liaison Service (PALS) would be happy to help you and can be contacted on 01202 704886/704301 or pals@rbch.nhs.uk.

If you would like this leaflet printed in a larger font, please contact the Communications Team on 01202 704905 during the office hours of 8.30am-5pm Monday - Friday.

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