

Endoscopy Department

# Bowel Preparation - Picolax

Patient Information

## Specialist Support

This leaflet can be made available in another language, large print or another format. Please speak to the Ward Manager who can advise you.

This booklet contains the instructions for you to follow prior to your Colonoscopy. It is vital you read this information fully to ensure a successful procedure. The pre-clerking Nurse will ensure this is the correct booklet / bowel preparation for you to take.

### Picolax

Picolax is licenced for 2 sachets, but your Consultant has recommended that you have 3 sachets of Picolax to ensure a good clear bowel for your colonoscopy test.

Picolax is a white powder that you need to mix with water and taken by mouth (orally).

Picolax acts as a strong laxative to stimulate the clearing of the bowel in preparation for the colonoscopy. This helps to ensure clear views for the Endoscopist.

You will be given 3 sachets of Picolax. Please follow the instructions in this booklet on how and when to take each sachet.

### Medication advice

**7 DAYS BEFORE** 7 days before your examination: If you take medication **containing iron** (e.g. Ferrous sulphate), **stop** taking them.

**2 DAYS BEFORE** 2 days before your examination: If you take loperamide (imodium), codeine or cophenotrope (lomotil), **stop** taking them.

Continue all other medications (including laxatives) unless otherwise instructed by your pre-assessment nurse

**Anti-coagulants:** If you take anti-coagulants your pre-clerking nurse will give you another leaflet that will instruct you on what you should do before to your procedure.

**Diabetic medications:** If you are diabetic you need to contact your diabetes nurse specialist at your GP practice for advice on what you should do before your procedure. If that is not possible you can contact the hospital diabetes nurse specialists on **02392 286000** ex **6260**.

### Low residue diet

This diet is to be followed for **2 days** (unless otherwise instructed) prior to you taking your bowel preparation.

**PLEASE NOTE: No fruit, veg, potatoes, nuts or seeds.**

- Meat:** *lean meats, poultry, bacon, offal.*
- Fish:** *frozen, fresh, tinned in brine.*
- Cheese:** *any type.*
- Eggs:** *boiled, poached, scrambled.*
- Milk:** *half pint daily.*
- Fats:** *½ ounce daily.*
- Bread:** *white only max 4 slices per day.*
- Chapatti:** *white flour max 4 per day.*
- Sweets/sugars:** *boiled sweets, mints, jellies, brown / white, honey, syrup, jam.*
- Beverages:** *tea, coffee, Lucozade, fizzy drinks, Oxo, Bovril, Marmite, water, clear stocks,*
- Seasoning:** *salt, vinegar, ground pepper.*
- Carbohydrates:** *white pasta, white rice (no potatoes)*

You may only eat meals made up from the foods listed. Please ensure you are drinking plenty of fluids.

### **Picolax - Morning Appointment**

#### **1 day before your procedure:**

You may eat a light breakfast. Following this you must not eat any food until your appointment but should drink plenty of clear fluids.



#### **How to prepare Picolax:**

Because heat is generated when the powder is added to water each sachet should be mixed in the following way: Add the powder to approx. **2 tablespoons of cold tap water**; wait for 5 minutes, after which the solution should be cooled, then dilute further to **150mls with cold tap water**, drink when cool.

Take the contents of each Picolax sachet at the following times on the day before the procedure: At 10am drink the contents of the 1st sachet dissolved in 150mls of water.

At 2pm drink the contents of the 2nd sachet dissolved in 150mls of water.

**DO NOT: take the 3rd sachet unless you have had your bowels open from the first 2 sachets. Contact the department for advice.**

At 6pm drink the contents of the 3rd sachet dissolved in 150mls of water

### **Picolax - Afternoon Appointment**

#### **1 day before your procedure:**

You may eat a light breakfast and lunch before midday. Following this you must not eat any food until your appointment but should drink plenty of clear fluids.



#### **How to prepare Picolax:**

Because heat is generated when the powder is added to water each sachet should be mixed in the following way: Add the powder to approx. **2 tablespoons of cold tap water**; wait for 5 minutes, after which the solution should be cooled, then dilute further to **150mls with cold tap water**, drink when cool.

Take the contents of each Picolax sachet at the following times on the day before the procedure:

**At 2pm** drink the contents of the 1st sachet dissolved in 150mls of water.

**At 6pm** drink the contents of the 2nd sachet dissolved in 150mls of water.

**DO NOT: take the 3rd sachet unless you have had your bowels open from the first 2 sachets. Contact the department for advice.**

#### **On the day of your procedure:**

**At 8am** - on the day of the procedure drink the contents of the 3rd sachet dissolved in 150mls of water.

**Whilst taking Picolax:**

Drink as much fluid as you can from the list of clear fluids during the day, this is very important. Drinking plenty of fluids helps to clear the bowel of its contents and improve the effects of the Picolax as well as preventing dehydration (you should aim for at least 250mls per hour).

**Clear fluids:**

Water, squash, cola, lemonade, tonic / soda water, black tea / coffee (no milk), clear soup / strained soup, Marmite / Bovril / Oxo-mixed into weak drinks with hot water

**Fluids to be avoided:**

Milk, (all drinks containing milk, including hot chocolate, fruit juices with pulp / pips / seeds, tomato juice, dark red fluids, such as 'Ribena')

**Effects of Picolax:**

You should expect frequent bowel movements throughout the day. Some bowel cramping is normal. You can use a barrier cream such as Vaseline or zinc and castor oil, to ease any soreness.

**On the day of the colonoscopy examination:**

Do not eat before your examination. You may drink clear fluids up to 2 hours before your appointment.

If you develop a headache, you may take your normal headache tablets, but it is important you drink plenty of fluid.

**Further information:**

If you require further information on the bowel preparation or you are having problems whilst taking it please contact the department on the following numbers:

8am - 7pm – **02392 286000** ext **5798**

7pm - 8am – **07908144706** (nurse on-call)

For medical advice please contact: **111**

For medical emergencies please contact: **999**

## **Consent – What does this mean?**

Before any doctor, nurse or therapist examines or treats you they **must** have your **consent** or permission. Consent ranges from allowing a doctor to take your blood pressure (rolling up your sleeve and presenting your arm is implied consent) to signing a form saying you agree to the treatment or operation.

It is important before giving permission that you understand what you are agreeing to. **If you do not understand – ask.** More detailed information is available on request.

## **Data Protection Legislation – Privacy Notice**

Further information on how we look after your personal information can be found on the Trust Information Governance webpage at [www.porthosp.nhs.uk](http://www.porthosp.nhs.uk) - or alternatively, please speak to a member of staff.

## **How to comment on your treatment**

We aim to provide the best possible service and if you have a question or a concern about your treatment then the Patient Advice and Liaison Service (PALS) are always happy to try to help you get answers you need. You can contact PALS on **0800 917 6039** or E-mail: [PHT.pals@porthosp.nhs.uk](mailto:PHT.pals@porthosp.nhs.uk) who will contact the department concerned on your behalf.

**Working together** To drive excellence in care for our patients and communities

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