

**FERRING**

PHARMACEUTICALS

# GUIDANCE ON PREPARING FOR YOUR COLONOSCOPY

**FOR ADULTS**, and children 9 years and above



**PICOLAX<sup>®</sup>**  
SODIUM PICOSULPHATE,  
MAGNESIUM CITRATE

Scan the QR code to view  
the Picolax support video:



Date:

Time:

Location:

## WHAT IS BOWEL CLEANSING?

Bowel cleansing is a procedure that helps empty your bowels (large intestine) quickly and efficiently.

### Why is bowel cleansing necessary?

3

REASONS

There are 3 reasons why you may need bowel cleansing:

- If you need to have an internal examination (colonoscopy) of your bowels
- If you need medical imaging
- If you require certain types of abdominal surgery

Inefficient cleansing of the bowel prior to a procedure can result in:

- Insufficient bowel clearance
- Unsuccessful procedure
- The need for a repeat procedure

## WHY HAVE I BEEN PRESCRIBED PICOLAX?

PICOLAX has been prescribed to cleanse your bowel in preparation for your procedure.

## WHAT SHOULD I EXPECT?

- PICOLAX is a powdered medicine with an orange taste that comes in sachets
- PICOLAX is expected to cause frequent loose stools, which can start any time from taking your first dose
- It is important that you have easy access to a toilet after you take your PICOLAX until the effects have worn off

## DIETARY INFORMATION

**Day before your procedure:** To ensure the success of your procedure, a diet low in fibre should be followed.

**Day of procedure:** No solid foods should be consumed. Clear liquids may be consumed up to 2 hours before your procedure.

### LOW FIBRE FOODS

Butter or margarine

Eggs, cheese, tofu

White bread, pasta, plain white rice, potatoes (mashed)

White meat (grilled chicken, poached fish)

Clear soups, tea, coffee

Ice cream, custard



## HIGH FIBRE FOODS TO AVOID

Red meat

Wholemeal pasta,  
brown bread, brown rice

Yoghurts

Cakes, biscuits

Vegetables, fruit, salad



## HELPFUL TIPS

Frequent bottom wiping may become uncomfortable. Here are some tips you may find helpful.

TIP

**1**

Use baby wipes instead of toilet paper when wiping your bottom

TIP

**2**

Place a barrier cream (e.g. petroleum jelly) on your bottom to reduce irritation

TIP

**3**

Soothe any soreness on your bottom with an ice cube

# PREPARING AND TAKING PICOLAX

The times you will need to take PICOLAX depend upon the time of your procedure. You will need to take 2 doses of PICOLAX before your procedure.

## DOSE 1: 10-18 hours before your procedure



1

Mix the 1<sup>st</sup> PICOLAX sachet with 150ml of water



2

Stir for **2-3 minutes**, until the solution is an off-white cloudy liquid. Drink all the solution



3

Drink at least **five x 250ml drinks** of clear liquids spread across several hours (ensure this is complete before taking the second dose of PICOLAX)

**Please do not just drink water**

### Example morning procedure

#### DOSE 1

Taken 10-18 hours before procedure

#### DOSE 2

Taken 4-6 hours before procedure



PROCEDURE 9 AM

**FIRST DOSE:** Time: \_\_\_\_\_ Date: \_\_\_\_\_

**SECOND DOSE:** Time: \_\_\_\_\_ Date: \_\_\_\_\_

## DOSE 2: 4–6 hours before your procedure



Mix the 2<sup>nd</sup> PICOLAX sachet with 150ml of water



Stir for **2-3 minutes**, until the solution is an off-white cloudy liquid. Drink all the solution



Drink at least **three x 250ml drinks** of clear liquids spread across several hours before your procedure

Clear liquids should include a variety of **fruit juices without pulp, soft drinks, clear soup, tea and coffee (without milk, soya or cream), and water.**

### Example afternoon procedure

#### DOSE 1

Taken 10–18 hours before procedure

#### DOSE 2

Taken 4–6 hours before procedure



PROCEDURE 2 PM

#### Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard). By reporting side effects, you can help provide more information on the safety of this medicine.