

PREPARING FOR YOUR COLONOSCOPY

FOR ADULTS, and children 9 years and above



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Date
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## WHAT IS BOWEL CLEANSING?

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



### 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

2

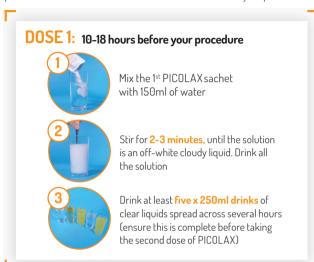
Place a barrier cream (e.g. petroleum jelly) on your bottom to reduce irritation

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.



# Please do not just drink water



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 Taken 4-6 hours before procedure 20:00 04:00 08:00 10:00

#### 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. By reporting side effects, you can help provide more information on the safety of this medicine.