

North West London Hospitals NHS Trust

**Please follow these instructions not those in the manufacturers leaflet**

## **St Mark's Hospital Bowel Preparation Instructions for Colonoscopy AM & PM Appointments**

A sachet of Senna Granules and two sachets of Citramag/Picolax are enclosed; please follow the instructions carefully to ensure a good result, which is essential for a proper examination.

### **Seven Days Before Your Colonoscopy**

Stop taking Iron Tablets. If you are on Warfarin tablets or are Diabetic, please speak to the pre-assessment nurse or telephone the Endoscopy Unit.

### **Four Days Before Your Colonoscopy**

Stop taking any constipation agents i.e. Lomotil, codeine phosphate etc. which you may be prescribed, **but continue with all other medication** and any laxatives until your appointment.

### **Two Days Before Your Colonoscopy**

Eat only food from the following list: Boiled or steamed white fish or chicken, egg, cheese, white bread, butter, margarine, rich tea biscuits, potato (no skin) **Have plenty to drink.**

**Do Not Eat**, High fibre foods such as red meat, pink fish, fruit, vegetables, cereals, salad, mushrooms, nuts, sweet corn, wholemeal bread etc.

### **On The Day Before Your Colonoscopy**

**Have a good breakfast of foods taken from the permitted list.**

**After this Do Not Eat any solid food until after your examination** but drink plenty of clear fluids (tea, coffee, squash, alcoholic drinks, carbonated drinks, water, clear soups, Bovril, Oxo etc) You may have small amounts of milk in tea and coffee. Clear jelly and ice cream are permitted.

**At 2.00pm commence the bowel preparation as follows:** Mix the sachet of senna granules with half a cup of warm water and drink. To help wash it down drink more water.

**At 5.00pm** dissolve the contents of one sachet of Picolax/Citramag in 200mls (8 fluid ozs) **of hot water in a wide mouthed measuring jug**, as the mixture froths up when water is added. Allow to cool for at least a half hour before pouring into a suitable glass and drink. During the day drink at least one and a half litres of fluid.

**At 7.00pm** dissolve **half** of the second sachet of Picolax/Citramag in 100mls (4 fluid ozs) of water and drink this solution. During the evening drink at least one and a half litres of water.

### **On The Day of Your Examination**

**At 6-7am** if you have a morning appointment or at **9-10am** if you have an afternoon appointment, dissolve the other **half** of Picolax/Citramag as above and drink this solution as instructed above.

You should expect frequent bowel actions and eventually diarrhoea starting within three hours of the first dose of bowel preparation. Some intestinal cramping is normal. Please use a barrier cream such as Zinc and Castor oil on you bottom to prevent soreness. Stay within easy reach of a toilet after commencing the preparation.

**Remember to Drink Plenty of Clear Fluids.** These may be continued until you arrive at the Hospital. If you do not drink enough fluids you may feel dizzy or faint.

If at any stage you vomit the preparation mixtures, or you have any other concerns regarding side effects please see the information sheet given with your preparation.

Please telephone the endoscopy department between 8am and 6pm on **0208 235 4141/4142**. A member of the nursing team will be glad to assist you. If you need information out of these hours please contact NHS direct.