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Churchill Hospital

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Colonoscopy Bowel Preparation Instructions for Picolax

MORNING PROCEDURE

Introduction

You have been given this leaflet so that you can prepare for your colonoscopy.

To be able to get a clear view of the lining of your bowel it is **very important** that you follow the bowel preparation and dietary advice below to clear out your bowel before the procedure.

Bowel preparation

You should have been given two packets of Picolax. A manufacturer's instruction might have been enclosed, **but you must follow our instructions below. Our instructions have been designed by our consultants to provide the best results so that we can carry out your colonoscopy successfully.**

Seven days before your colonoscopy

- Stop taking iron tablets until after the procedure
- Stop taking Clopidogrel - please check with your GP/Cardiologist or anticoagulant clinic that you are able to stop this drug without taking anything to replace it.

Five days before your colonoscopy

- Stop taking anticoagulants such as Warfarin (please check with your GP, Cardiologist or anticoagulant clinic that you are able to stop these drugs without taking anything to replace it)
- Stop taking any constipation medicines i.e. Lomotil, codeine phosphate etc.

- **Continue taking all other medications** as prescribed and any laxatives until after your appointment.
- If you are **diabetic** on insulin or diabetic tablets, please contact the Endoscopy Unit at 02088723942 or 02088723828 and ask to speak to one of the Endoscopy nurses.

Two days before your colonoscopy

Food and drink

- Try to drink two litres of clear fluids (eight – ten glasses) per day until the day of the procedure.

Examples of clear fluids:

Water, black tea, black coffee, well diluted squash but not blackcurrant, herbal or fruit teas but not blackcurrant, clear soups (without bits in), apple juice, carbonated beverages and sodas, sport drinks with electrolyte

- **Eat only food from the following list:**

Boiled or steamed white fish, skinless chicken/turkey, white bread, white rice or noodles, plain crackers, skinless cooked potato or pumpkin, eggs, cauliflower, tofu, plain cottage cheese, plain muffins, butter, margarine, plain sponge cake, canned fruits without seeds or skin

- **Do not eat any high fibre foods such as:**

Red meat, pink fish, whole wheat bread or pasta, brown rice, whole wheat crackers and rolls, raw or partially cooked vegetables, nuts, seeds, popcorn, fruits, cereals, oats, granola, rye flakes, cornbread, mushrooms, sweetcorn, tomatoes, beans and peas etc.

One day before your colonoscopy

Have a good breakfast of foods taken from the permitted list above until **10am**.

From 10am do not eat any solid food until after your examination but drink plenty of clear fluids. You can drink clear fluids up to 2 hours before your procedure.

- **At 1pm** please dissolve the contents of one packet of Picolax in 200mls of hot water. Allow to cool down before drinking it.
- You also need to drink at least one and a half litres of water or any clear fluids on top of the Picolax solution that you drank.

- **At 6pm** please dissolve the contents of the second packet of Picolax in 200mls of hot water. Allow to cool down before drinking it. Again you have to drink at least one and a half litres of water or any clear fluids on top of the solution that you drank.

Are there any side effects?

- Please expect to have frequent bowel actions and eventually diarrhoea starting within three hours of taking the first dose of bowel preparation. **We would strongly advise that you stay within easy reach of a toilet once you start taking the preparation.** If you need to, please use a barrier cream such as Zinc and Castor oil on your bottom to prevent soreness.
- If you do not drink enough fluids you may get dehydrated, feel dizzy, faint or get a headache
- Some stomach cramping is normal
- If you vomit up the preparation at any time, or you have any other concerns regarding side effects please contact the Endoscopy Unit directly between 7am-6pm (Monday-Friday)- Endoscopy recovery 020 8872 3942 or Endoscopy Reception 020 8872 3828. Please ask to speak to any of the Endoscopy nurses. Outside of these hours please ring Clementine Churchill Hospital Main Reception on 020 8872 3872 and ask to speak to the Duty Sister.
- Please note – Endoscopy Unit is closed on bank holidays

On the day of your colonoscopy

- You can drink clear fluids up to two hours before your appointment time

Please report directly to Endoscopy Unit (Marlborough Suite) Reception on arrival