

**Bowel cleansing instructions for Bisacodyl PM Appointment****Bisacodyl tablets for flexible sigmoidoscopy****3 days before the examination**

To help the bowel preparation to work effectively, you will need to start to eat a low fibre diet (see list overleaf)

Do not eat high fibre foods, red meat, pastry, fried food, fruit, vegetables, chips, cakes, biscuits, cereals, nuts, salad and wholemeal foods.

Clear fluids include water (fizzy or still), tea and coffee without milk, herbal tea, fizzy drinks, fruit squash (NOT BLACKCURRANT), Bovril, fruit juice without bits, clear soup.

**Please ensure that you continue to drink additional fluids throughout the preparation time. This ensures the bowel is adequately cleansed and helps to prevent dehydration.**

Bisacodyl will cause frequent bowel movements 8-10 hours after taking a dose. Stay within easy reach of a toilet. It is normal to experience some intestinal cramping. If there has been no result after the 1<sup>st</sup> dose please still continue on to take the next doses. YOU MUST TAKE THE TABLETS AS EXPLAINED BELOW

Using Vaseline or a barrier cream on your bottom will help to prevent soreness.

**How to take the bowel preparation**

3 days before	2 days before	Day before	Day before	Day before	Day of procedure
Start low fibre diet	<ul style="list-style-type: none"> <li>Low fibre diet</li> <li>8pm 2 Bisacodyl tablets</li> </ul>	<ul style="list-style-type: none"> <li>Low fibre breakfast from list</li> <li>12 noon Low fibre lunch from list</li> <li>12.30pm 2 Bisacodyl tablets</li> </ul>	<ul style="list-style-type: none"> <li>Do not eat any food after 12.30pm</li> <li>Clear fluids only</li> </ul>	<ul style="list-style-type: none"> <li>Clear fluids only</li> <li>8pm 2 Bisacodyl tablets</li> </ul>	Clear fluids only until 2 hours before appointment

**Low fibre foods****Choose**

Cereals: Cornflakes, Rice Crispies, Ricles, Sugar Puffs, Coco Pops

**Do not eat**

Wheat Bran, All Bran, Weetabix, Shredded Wheat, Oat Bran, Branflakes, Wheatflakes, Muesli, Ready Brek, Porridge

White bread (you may use small amount of butter / margarine)	Wholemeal, high-fibre white, soft grain or granary bread, oatbread
White pasta, white rice, noodles	Wholemeal pasta, brown rice
White flour	Wholemeal or granary flour, wheatgerm
Potatoes (no skin)	Fruit and vegetables
Chicken, turkey, white fish, tofu, cheese and eggs	All red meats, pink fish
Milk puddings, mousse, jelly (not red), sponge cakes, madeira cake, Rich Tea, marie or wafer biscuits	Those containing wholemeal flour, oatmeal, nuts, dried fruit, etc. Fruit cake, Ryvita, Digestives or Hobnob biscuits
Sugar, jelly jam, jelly marmalade, honey, syrup, lemon curd.	Jam or marmalade with pips, skins and seeds, sweets and chocolates containing nuts and / fruit, Muesli bars
Clear or sieved soups	Chunky vegetable, lentil or bean soups.
Miscellaneous: Salt, pepper, vinegar, mustard, gelatine, salad cream, mayonnaise	Nuts, Quorn, fresh ground peppercorns, houmous

Reviewed on: 10/08/2024

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