

# Bowel cleaning instructions for Picolax

## 2 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.

## HOW TO TAKE THE BOWEL PREPARATION

Dissolve 1 sachet of Picolax in 150mls of cold water in a glass. Stir well until dissolved. The solution may become hot, this is normal. Wait until cooled and drink all at once. Sucking a boiled sweet can help if the flavour is not to your liking.

**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.**

Picolax will cause frequent loose bowel movements any time 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 2<sup>nd</sup> dose. **YOU MUST TAKE BOTH DOSES**

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

### Morning appointment

2 Days before	Day before	Day before	Day before	Day of procedure
Start low fibre diet	<ul style="list-style-type: none"><li>Light breakfast from list</li><li>No food after 8am</li><li>Clear fluids only</li></ul>	<ul style="list-style-type: none"><li>12 noon</li><li>1st dose of Picolax</li></ul>	<ul style="list-style-type: none"><li>6pm</li><li>2nd dose of Picolax</li></ul>	<ul style="list-style-type: none"><li>Clear fluids only until 2 hours before appointment</li></ul>

### Afternoon appointment

2 days before	Day before	Day before	Day of procedure	Day of procedure
Start low fibre diet	<ul style="list-style-type: none"><li>Light lunch from list</li><li>No food after 1pm</li><li>Clear fluids only</li></ul>	<ul style="list-style-type: none"><li>6pm</li><li>1st dose of Picolax</li></ul>	<ul style="list-style-type: none"><li>6am</li><li>2nd dose of Picolax</li></ul>	<ul style="list-style-type: none"><li>Clear fluids only until 2 hours before appointment</li></ul>

## Low fibre foods



Choose



Do not eat

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

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	

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