

Bowel cleaning instructions for 3 sachets of Picolax

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 below)

Do not eat high fibre foods, red meat, pastry, fried food, fruit, vegetables, chips, cakes, biscuits, 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.

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 1st dose please still continue on to take the 2nd & 3rd dose. **YOU MUST TAKE ALL 3 DOSES.**

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

Morning Appointment

3 days before	2 days before	Day before	Day before	Day before	Day of Procedure
Start low fibre diet	Light supper No food after 6pm Clear fluids only	6am 1st dose of Picolax	12 noon 2nd dose of Picolax	6pm 3rd dose of picolax	Clear fluids only until 2 hours before the procedure

Afternoon Appointment

3 days before	Day before	Day before	Day before	Day of Procedure	Day of Procedure
Start low fibre diet	Light breakfast only No food after 8am Clear fluids only	12 noon 1st dose of Picolax	6PM 2nd dose of Picolax	8AM 3rd dose of picolax	Clear fluids only until 2 hours before the procedure

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 or 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

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