

GUIDANCE ON PREPARING FOR YOUR COLONOSCOPY

FOR ADULTS, and children 9 years and above







WHAT IS BOWEL CLEANSING?

Bowel cleansing is a procedure that helps empty your bowels (large intestine) quickly and efficiently.



Inefficient cleansing of the bowel prior to a procedure can result in:

- Insufficient bowel clearance
- Unsuccessful procedure
- The need for a repeat procedure

WHY HAVE I BEEN PRESCRIBED PICOLAX®?

 $\mathsf{PICOLAX}^{\otimes}$ has been prescribed to cleanse your bowel in preparation for your procedure.

WHAT SHOULD I EXPECT?

- $\mathsf{PICOLAX}^{\otimes}$ is a powdered medicine with an orange taste that comes in sachets
- $\mathsf{PICOLAX}^{\otimes}$ is expected to cause frequent loose stools, which can start any time from taking your first dose
- It is important that you have easy access to a toilet after you take your PICOLAX $^{\!\otimes}$ until the effects have worn off

DIETARY INFORMATION

Day before your procedure: To ensure the success of your procedure, a diet low in fibre should be followed.

Day of procedure: No solid foods should be consumed. Clear liquids may be consumed up to 2 hours before your procedure.

LOW FIBRE FOODS

Butter or margarine Eggs, cheese, tofu White bread, pasta, plain white rice, potatoes (mashed) White meat (grilled chicken, poached fish) Clear soups, tea, coffee Ice cream, custard



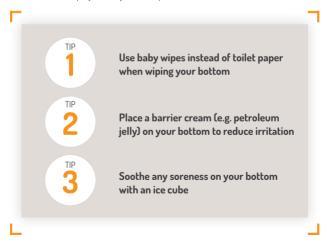
HIGH FIBRE FOODS TO AVOID

Red meat Wholemeal pasta, brown bread, brown rice Yoghurts Cakes, biscuits Vegetables, fruit, salad



HELPFUL TIPS

Frequent bottom wiping may become uncomfortable. Here are some tips you may find helpful.



PREPARING AND TAKING PICOLAX®

The times you will need to take PICOLAX® depend upon the time of your procedure. You will need to take 2 doses of PICOLAX® before your procedure.



Please do not just drink water



		Date:
SECOND DOSE:	Time:	Date:
DOSE 2: 4-6 hours before your procedure		
		Mix the 2 nd PICOLAX [®] sachet with 150ml of water
2		Stir for 2-3 minutes, until the solution is an off-white cloudy liquid. Drink all the solution
3		Drink at least three x 250ml drinks of clear liquids spread across several hours before your procedure
		variety of fruit juices without pulp, soft



Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at www.mhragov.uk/yellowcard. By reporting side effects, you can help provide more information on the safety of this medicine.

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