



Phoenix
Health
Solutions

PATIENT INFORMATION

Bowel Preparation – Citramag & Senna



CITRAMAG AND SENNA BOWEL PREP INSTRUCTIONS

10 Senna tablets and two sachets of Citramag are enclosed.

3 DAYS BEFORE YOUR COLONOSCOPY

FOOD AND DRINK

Try to drink at least 1 litre of clear fluids (2 pints) until the day of the procedure

Only eat food from the following list:-

Boiled or steamed white fish
Chicken (skinless)
Egg, cheese, white bread, plain muffins, butter, margarine
White rice, rich tea biscuits, potatoes (no skins)
Tofu, natural yoghurt, plain cottage cheese, tinned peaches/pineapples
Plain sponge cakes, clear soups (without bits in)

Do not eat high fibre foods such as red meat, pink fish, raw fruit or other vegetables, skins pips, cereals, salad, mushrooms, nuts/seeds, sweetcorn, wholemeal bread etc

1 DAY BEFORE YOUR COLONOSCOPY

Have a good breakfast from the permitted list any time up to midday

After this **DO NOT EAT ANY SOLID FOOD UNTIL AFTER YOUR EXAMINATION** but it is very important that you **DRINK PLENTY OF CLEAR FLUIDS** throughout the day. Clear fluids include coffee and tea, **without milk**, fruit squashes (but not blackcurrant), water, clear soup, Bovril and Oxo. Avoid alcohol. Clear jelly, not strawberry, raspberry or blackcurrant, boiled sweets (glucose tablets), and small amounts of ice cream.

At 2.00pm commence the bowel preparation as follows:-

Take the 10 senna tablets with a cup of water or more if necessary

At 5.00pm dissolve the contents of one sachet of Citramag in 200mls (8 fluid ozs) of hot water in a large wide mouthed measuring jug as the mixture may fizz over when the water is added. Allow to



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cool for at least half an hour before pouring into a suitable glass and drink. During the day drink at least 1 litre of clear fluid.

At 7.00pm dissolve the contents of the second sachet of Citramag in 200mls of hot water in a large wide mouthed measuring jug as the mixture may fizz over when the water is added. Allow to cool for at least half an hour before pouring into a suitable glass and drink. During the evening drink at least 1 litre of clear fluid.

You should expect frequent bowel actions and eventually diarrhoea starting within one to three hours of the first dose of bowel preparation. Some intestinal cramping is normal. Please use a barrier cream such as zinc and castor oil on your bottom to prevent soreness.

It is advisable to stay within easy reach of a toilet after commencing the preparation.

Remember to drink plenty of clear fluids. These may be continued until 2 hours before your procedure. **However if you are having a gastroscopy as well as colonoscopy please stop drinking 4 hours before your appointment time.**

If you do not drink enough fluids you may get dehydrated, feel dizzy, faint or experience a headache.

If at any stage you vomit due to the bowel preparation, or you have any concerns regarding side effects please telephone the endoscopy department on 01977 655605. If you need information out of hours please contact NHS 111.

