



Phoenix
Health
Solutions

PATIENT INFORMATION

Bowel Preparation – Picolax



PHOENIX HEALTH SOLUTIONS LTD

The White Rose Surgery, Exchange Street
South Elmsall, Pontefract, West Yorkshire WF9 2RD
Tel: (01977) 655607 Fax: (01977) 645294
www.phoenixhealthsolutionsnhs.co.uk

PICOLAX BOWEL PREPARATION

INSTRUCTIONS ON HOW TO TAKE PICOLAX

It is important that you should carry out the following instructions as the success of your examination depends on your bowel being as clear as possible.

Have breakfast on the day before the examination at around 7.00am. Then at 8.00am take contents of No. 1 sachet. Mix sachet with 4 dessertspoons of water, the mixture will become hot. Wait 5 minutes to allow to cool, then top up with water.

Then take no solid food until after the examination.

Clear (transparent) fluids only are allowed. Take 250mls every hour up to 2 hours before your appointment, mainly water, clear soft drinks, Bovril and fizzy drinks are allowed but NO MILK or BLACKCURRANT. Glucose tablets can be sucked up until 8.00pm the night before. NO ALCOHOLIC DRINKS THE DAY BEFORE THE TEST.

Take the contents of sachet No. 2 between 2-4.00pm

FLUID INTAKE CHART

Please tick the boxes below to indicate 250mls of fluid has been taken hourly.

9.00am	3.00pm
10.00am	4.00pm
11.00am	5.00pm
12.00 midday	6.00pm
1.00pm	7.00pm
2.00pm	8.00pm

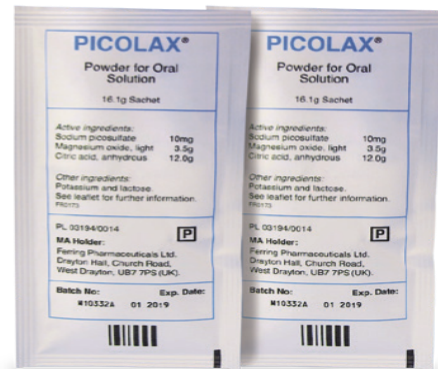
Please note: After this regime has been completed you may still drink as much clear fluid as you wish up to 2 hours prior to your appointment time. Please bring this chart with you on the day of your examination. Thank you.

GUIDANCE ON **PREPARING FOR YOUR COLONOSCOPY**

FOR ADULTS, and children 1 year and above



Scan the QR code to view
the Picolax support video:



Date:

Time:

Location:

WHAT IS BOWEL CLEANSING?

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

Why is bowel cleansing necessary?

3

REASONS

There are 3 reasons why you may need bowel cleansing:

- If you need to have an internal examination (colonoscopy) of your bowels
- If you need medical imaging
- If you require certain types of abdominal surgery

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?

PICOLAX has been prescribed to cleanse your bowel in preparation for your procedure.

WHAT SHOULD I EXPECT?

- P ICOLAX is a powdered medicine with an orange taste that comes in sachets
- P ICOLAX 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 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.

TIP
1

Use baby wipes instead of toilet paper when wiping your bottom

TIP
2

Place a barrier cream (e.g. petroleum jelly) on your bottom to reduce irritation

TIP
3

Soothe any soreness on your bottom with an ice cube

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.

FIRST DOSE

Time: Date:

SECOND DOSE

Time: Date:

DOSE 2 4-6 hours before your procedure



Mix the 2nd PICOLAX sachet with 150ml of water



Stir for **2-3 minutes** until the solution is an off-white cloudy liquid. Drink all the solution



Drink at least **three x 250ml drinks** of clear liquids spread across several hours before your procedure

Clear liquids should include a variety of **fruit juices without pulp, soft drinks, clear soup, tea and coffee (without milk, soya or cream)** and water.

PROCEDURE 2 PM

Example afternoon procedure

DOSE 1

Taken 10-18 hours before procedure

DOSE 2

Taken 4-6 hours before procedure



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.mhra.gov.uk/yellowcard. By reporting side effects, you can help provide more information on the safety of this medicine.

DOSE 1 10-18 hours before your procedure



Mix the 1st PICOLAX sachet with 150ml of water



Stir for **2-3 minutes** until the solution is an off-white cloudy liquid. Drink all the solution



Drink at least **five x 250ml drinks** of clear liquids spread across several hours (ensure this is complete before taking the second dose of PICOLAX)

Please do not just drink water

Example morning procedure

DOSE 1

Taken 10-18 hours before procedure

DOSE 2

Taken 4-6 hours before procedure



PROCEDURE 9 AM

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