

Instructions for taking Picolax®

Bowel Preparation

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Why do I need to take the bowel preparation?

To ensure a thorough examination of your colon (large bowel) it must be emptied of waste material as your Radiographer or Radiologist needs clear views of the lining of your digestive tract to enable detection of subtle abnormalities. The Picolax® bowel preparation is a strong laxative which will empty your bowel of waste material. It is important that you follow these instructions correctly. If you are not properly prepared the procedure may not be successful and may be cancelled.

Preparing for your procedure:

An additional instruction sheet is given to people with diabetes to help them regulate their blood sugars during the bowel preparation and procedure. If you have diabetes and this has not been included please contact the Radiology Department Nurses on 01493 452099. If you take any blood thinning medications (except aspirin), please contact the Radiology Department Nurses on 01493 452099.

Seven days before the test

- Stop taking iron tablets.

Four days before the test

- Stop taking constipating medications, these may be painkillers such as codeine phosphate, tramadol, oramorph and fentanyl patches, bulking agents such as fybogel or to treat diarrhoea, such as loperamide (Imodium©).
- If you are unable to stop taking your painkillers, please contact the Radiology department for advice.

Two days before the test

- **EAT FOODS LOW IN FIBRE.** These include grilled or steamed white fish, grilled chicken (no skin), potato (no skin), white pasta, white rice, egg, cheese, tofu, white bread, butter or margarine, seedless jam, shredless marmalade, marmite, honey, rich tea biscuits, chocolate, smooth yoghurts (no 'bits'), boiled sweets, clear jelly and ice cream.

AVOID HIGH FIBRE FOODS - Red meat, brown / wholemeal bread, wholemeal pasta, brown rice, fresh or dried fruit, vegetables, nuts, beans, lentils, chickpeas, cereals.

The day before the test

- Low fibre breakfast before 8am
- No further solid food. You are allowed clear fluids only until two hours before your appointment.

How to prepare Picolax® solution

You have been given a pack containing two sachets of Picolax®.

To prepare the Picolax®:

- Empty the contents of one sachet into a large cup of cold water.
- Stir until the powder is completely dissolved.
- It will become warm, wait for it to cool before drinking.
- The solution is now ready to drink.

When you start to drink your Picolax® solution you need to stay close to a toilet as you will experience frequent watery bowel movements. This is normal and indicates that the Picolax® solution is working. We recommend you use a barrier cream and wet wipes for your comfort.

You should start to have bowel movements one to two hours after starting to take Picolax®. You may experience some nausea (sickness) and stomach cramping. If you begin to vomit, please contact the Radiology Department Nurses on 01493 452099.

If you have not had any bowel movements by the day of your examination, contact the Radiology department for advice.

On the day before the test:

Before 8am Eat a low residue breakfast from the foods listed on page 1 of this information leaflet.

8am Drink the first sachet of Picolax®. Throughout the morning and afternoon drink plenty of clear fluids, at least 1.5 litres (3pts) to prevent dehydration.

Clear fluids allowed – water, clear soup (chicken, beef or vegetable strained to remove any bits), marmite, Bovril, clear fruit juice (no bits), soft drinks, fruit and herbal teas, tea without milk, coffee without milk.

Fluids not permitted – alcohol, milk or any drinks containing 'bits'.

3.30pm Repeat with the second sachet. Throughout the evening drink plenty of clear fluids, at least another 1.5 litres (3pts) to prevent dehydration.

On the day of the test:

- No solid food
- You may drink clear fluids until two hours before your appointment.

Your Feedback

We want your visit to be as comfortable as possible - talk to the person in charge if you have any concerns. If the ward/department staff are unable to resolve it, then ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care.

Before leaving please complete a Friends and Family Test feedback card.

Help us transform NHS services and to support patient choice.

OUR VALUES

Collaboration

We work positively with others to achieve shared aims

Accountability

We act with professionalism and integrity, delivering what we commit to, embedding learning when things do not go to plan

Respect

We are anti-discriminatory, treating people fairly and creating a sense of belonging and pride

Empowerment

We speak out when things don't feel right, we are innovative and make changes to support continuous improvement

Support

We are compassionate, listen attentively and are kind to ourselves and each other



The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

**For a large print version of this leaflet, contact PALS
01493 453240**