



## Getting Ready for Your Colonoscopy

### Tips on bowel preparation

Your doctor will advise you to take a bowel preparation so as to empty your bowel before your colonoscopy examination. The Picolax preparation is detailed below. So that there is a clear view during the examination your bowel must be completely empty. Please follow the instructions carefully.

In addition, you should apply barrier cream to your anal area and use soft tissue paper or wet wipes as repeated bowel actions can make you sore. If you feel uncomfortable, stop temporarily, keep moving about and you should feel better. No alcohol should be drunk the day before, the day of and the day after your examination.

### Suggested meals

Two days before the examination it is important to reduce the amount of fibre you eat. Below are some suggested meal plans.

#### Breakfast

Fruit Juice  
Rice crispies / corn flakes / sugar puffs  
White bread and butter / seedless jam / honey

#### Light meal

Lean meat, eggs, cheese or fish  
White bread & butter  
Plain sponge cake, jelly, ice cream

#### Main meal

Clear soup  
White bread  
Lean meat, eggs, cheese or fish  
Peeled potato, white rice, pasta  
Yoghurt

#### Supper

Plain biscuits  
Cheese  
Milk or plain chocolate





# The London Gastroenterology Partnership

## **Picolax Bowel Preparations**

These instructions are to be followed if your doctor has given you Picolax as bowel preparation.

Please follow the instructions below carefully to ensure that your bowel is completely empty on the day of your examination.

### **One week before the examinations**

Stop iron tablets, and stool bulking agents such as fybogel. After the examination

### **Two days before the examination**

Eat a light diet avoiding cereals, wholemeal bread, salads, fruits, or any food containing fibre, nuts or seeds. Please remove the skins from all vegetables and tomatoes. Continue to drink normally and take your usual medication.

### **The day before the examination**

You may have a light breakfast only (tea and white toast). After this drink only clear fluids such as glucose, Bovril, black tea or coffee (no milk), lemonade, water, orange squash, jelly and clear soup. You should drink at least 2 to 3 litres of fluid during the day before your examination.

### **At 4pm on the day before the examination**

Drink one sachet of Picolax (mix with a glass of water). The drink may fizz and feel hot so wait a minute or two for it to cool before drinking. Drink a full glass of water after drinking the Picolax.

Picolax can start to work within as little as 30 minutes but can take 2 to 3 hours to work.

### **At 6am on the day of the examination**

Drink the 2nd sachet of Picolax. If your appointment is in the afternoon then you may wish to take this between 8am & 9am. Then drink a glass of water. You can drink clear fluids up until 2 hours before your appointment time.

***If you have any queries or concerns please do not hesitate to contact us on: Tel: 020 8337 9609***

