

Instructions for bowel preparation for Colonoscopy

10 Senna tablets and two sachets of Picolax are enclosed. Please follow these instructions (not those in the manufacturer's leaflets) carefully to ensure a good result and hence a proper examination. In particular, remember to drink plenty of clear fluids on the day before, and the day of, your colonoscopy: this will help to clear the bowel and will also replace the fluid that you lose, thus reducing the side-effects of the laxatives.

SEVEN DAYS BEFORE YOUR COLONOSCOPY: Stop taking iron tablets, any iron preparation or iron containing medication.

FIVE DAYS BEFORE YOUR COLONOSCOPY: Stop taking any medication used for diarrhoea/loose motions e.g. Lomotil, codeine phosphate (including pain killers which consist of or contain codeine) and Loperamide (Imodium). Also stop taking fibre-containing preparations used for constipation e.g. Fybogel, Isogel, Regulan, Celevac and Normacol. Continue with all other laxatives and any other medication you normally take until your appointment.

TWO DAYS BEFORE YOUR COLONOSCOPY:

You will need to commence a low fibre diet 2 days prior to your examination. Fibre is the indigestible part of cereals, fruit and vegetables. Please also increase the amount of fluids you drink during this period.

Food allowed:

Cheese, Eggs, Tofu, lean pork, chicken, turkey, offal, bacon, lean ham, boiled or steamed white fish. Yorkshire pudding, pancakes; bread sauce; clear and pureed soups; boiled/mashed potatoes (no skins); tomato pulp (no skins or pips); fruit juice; pastry made with white flour; white bread, white flour, White cereals: cornflakes, rice krispies, spaghetti/pasta (not wholemeal varieties); white rice, crisps, sugar or glucose in small amounts; boiled sweets; plain or milk chocolate; shortcake; cream crackers, water biscuits; sponge cake, Madeira cake; ice cream, iced lollies; plain or flavoured yoghurt; jelly, marmalade, honey; syrup, butter or spread

Food not allowed:

Wholemeal; wheatmeal, granary bread, wholemeal flour, bran biscuits; digestive biscuits, Ryvita, Vita wheat; oat cakes; coconut biscuits; all cereals containing bran or whole wheat e.g. shredded wheat, bran flakes, bran buds, wheetabix, muesli, jacket potatoes (especially the skins) red meat, mushrooms, nuts, fruit, vegetables, salad, pink fish.

24 HOURS BEFORE YOUR COLONOSCOPY:

Do not eat any solid food until after your examination but drink plenty of clear fluids (at least one and a half litres during the day) from the following list:

Fluids allowed:

Clear soups and consommé, Bovril, Oxo, tea, coffee, squash, carbonated drinks, water, strained fruit juice (not red or purple coloured juice). Small amounts of milk in tea and coffee are permitted. In addition, clear jelly and ice cream are permitted.

Fluids to be avoided:

Drinks or soups thickened with flour or other thickening agents, milky drinks, fruit smoothies

Laxatives

You have been sent 10 Senna tablets and two sachets of Picolax with this appointment letter. Picolax is a very strong laxative that is taken to clear your large bowel (Colon).

Individual responses to laxatives vary. The Senna and Picolax will cause multiple bowel movements and eventually diarrhoea. Be prepared for frequent, loose bowel movement at any time after starting the laxatives. Some patients find that the urge to open their bowels can be very sudden,

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resulting in little time to reach a toilet. Please remain within easy reach of a toilet until bowel movements have stopped. You may use a barrier cream such as Zinc and Castor Oil on your bottom to prevent soreness. The action of PicoLax may give you mild stomach cramps or cause your stomach to feel bloated. In addition, the combination of not eating and the effect of the laxative may cause you to feel nauseous. To help prevent this you should drink as much clear fluids as you can.

If at any stage you vomit or have any other side effects please ring the Day Surgery Unit Monday - Friday between 8:00a.m.and 7:00p.m on 020 8541 5370 a member of the nursing staff will assist you.

If your appointment is in the morning (08:00-12:30) please take your laxatives as follows on the day before your test:

At 12.00 MIDDAY: commence the bowel preparation as follows: Take the 10 Senna tablets with water). Drink more water to help wash them down completely.

At 3.00 pm: Dissolve the contents of one sachet of PicoLax in 200 mls (8 fluid ounces) of cold water in a wide mouthed measuring jug as the mixture may froth when water is added. PicoLax may become hot when mixed with water please allow to cool before pouring into a glass and drinking it.

At 7.00 pm: Dissolve the contents of the second sachet of PicoLax in 200 mls (8 fluid ounces) of cold water in a wide mouthed measuring jug as the mixture may froth when water is added. Allow to cool before pouring into a glass and drinking it.

Try and drink at least another one and a half litres of allowed fluid during the evening.

If your appointment is in the afternoon (13:00-17:00) please take your laxatives as follows starting on the day before your test:

At 4.00 pm: commence the bowel preparation as follows: Take the 10 Senna tablets (please ignore the instructions within the packet) with water. Drink more water to help wash them down completely.

At 7.00 pm: Dissolve the contents of one sachet of PicoLax in 200 mls (8 fluid ounces) of cold water in a wide mouthed measuring jug as the mixture may froth when water is added. PicoLax becomes hot when mixed with water please allow to cool before pouring into a glass and drinking it.

Try and drink at least another one and a half litres of allowed fluid during the evening.

On the morning of your colonoscopy:

At 07.00 am: Dissolve the contents of the second sachet of PicoLax in 200 mls (8 fluid ounces) of cold water in a wide mouthed measuring jug as the mixture may froth when water is added. Allow to cool before pouring into a glass and drinking it.

Try and drink at least another one and a half litres of allowed fluid during the morning.

ON THE DAY OF YOUR COLONOSCOPY:

You may continue to drink fluids from the allowed list up to the time of your appointment.