

Patient Information Leaflet

Colonoscopy + Gastroscopy Patients

Picolax Bowel Preparation (*Evening Appointment*)

Patient name and IW number:
Appointment Date:

Produced By: The Endoscopy Unit

November 2013
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If you require this leaflet in another language, large print or another format, please contact the Quality Team, telephone 01983 534850, who will advise you.

PLEASE TAKE TIME TO READ ALL OF THIS LEAFLET BEFORE TAKING THE PICOLAX (disregard the instructions in the box).

Picolax is a white powder which is mixed with water into an oral solution. It acts as a laxative to stimulate and clear the bowel in preparation for the Colonoscopy, to give the Endoscopist a clear view.

THE PICOLAX MUST BE TAKEN IN THE 24 HOURS PRIOR TO YOUR PROCEDURE (COLONOSCOPY).

You will find 3 SACHETS of a bowel preparation called Picolax enclosed in your letter.

5 days before your examination: if you take medication containing iron (e.g. ferrous sulphate), STOP taking them, but CONTINUE all other medication and any laxative you usually take, unless otherwise advised by your GP or Consultant. Please try to avoid food containing obvious seeds/pips.

2 days before your examination: if you take Loperamide (Imodium), Codeine or Cophenotrope (Lomotil), STOP taking them, but continue all other medications.

1 day before your examination: Start taking your Picolax preparation today. You may eat breakfast, a light lunch at midday and a light tea at 4PM then clear fluids only after this.

How to Prepare Picolax

Because heat is generated when the powder is added to water each sachet should be reconstituted in the following way:

Add the powder to about 2 tablespoons of cold tap water, wait for 5 minutes, after which the solution should be cool, then dilute further to 150mls with cold tap water. Drink when cool.

Take the contents of each Picolax sachet at the following times in the 24 hours before the procedure:

1. At **6 PM** drink the contents of the 1st sachet dissolved in 150mls of water.
2. At **8 AM ON THE DAY OF THE PROCEDURE** drink the contents of the 2nd sachet dissolved in 150mls of water.
3. At **12 Midday** drink the contents of the 3rd sachet dissolved in 150mls of water.

Drink as much fluid as you can from the list of clear fluids during the day, this is very important. Plenty of fluids help to clear the bowel of its contents and improve the effect of the Picolax laxative (you should aim for at least 250mls per hour). Drinking plenty of fluids helps to prevent you from becoming dehydrated, especially in warmer weather.

CLEAR FLUIDS:

Hot and cold drinks:

Water

Squash

Coke, lemonade, tonic/soda water

Black tea/coffee
Clear soup/strained soup
Marmite/Bovril/Oxo- mixed into weak drinks with hot water

FLUIDS TO BE AVOIDED:

Milk
All drinks containing milk, including hot chocolate
Fruit juices with pulp/pips/seeds, Tomato juice

EFFECTS OF PICOLAX

You should expect frequent bowel actions throughout the day. Some bowel cramping is normal. You can use a barrier cream on your bottom such as Vaseline or zinc and castor oil for example, to ease any soreness.

POSSIBLE SIDE EFFECTS

If any of the following symptoms occur whilst taking the Picolax please contact your GP immediately:

- Vomiting and severe diarrhoea leading to dehydration, headache and confusion.
- Allergic reaction causing difficulty in breathing

If you develop abdominal distension and pain and no faeces have been passed DO NOT TAKE any more of the Picolax and contact your GP straight away.

On the day of the Colonoscopy examination:

DO NOT EAT before your examination. You may drink clear fluids up to 4 hours before your appointment.

If you develop a headache, you may take your normal headache tablets, but it is most important you drink plenty.

If you are having a combined procedure of Gastroscopy AND Colonoscopy, You may drink clear fluids up to 4 hours before your appointment, THEN you MUST be nil mouth until after the procedures.

BEFORE YOU TAKE THE PICOLAX

DO NOT take the Picolax if:

- You are known to be allergic to it or the ingredients contained in the sachet.
- You have a condition called gastric retention
- You have stomach ulcers
- You have been diagnosed with a blockage or perforation
- You have a condition called : ileus, toxic colitis, toxic megacolon
- You have congestive cardiac failure.

Please contact the Endoscopy Unit on 01983 534269 Monday to Friday 9AM-4PM if you suffer from:

- Heart disease, kidney disease
- Awaiting heart surgery or cardio version
- Diabetes
- Ulcerative colitis, crohns colitis
- Take medication for heart disease such as Warfarin, with anti-coagulation properties
- Take Clopidogrel or other anti-platelet medication

- Take steroids e.g. prednisolone
- Have had recent gut surgery
- Take oral contraceptives. (The Picolax may have an effect on the effectiveness and other forms of contraception should be considered with your GP).

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Valuables should not be brought into the hospital. If patients have to bring in valuable items they should ask a nurse to store them safely and request a receipt for the items. You may not be able to have the valuable items returned if the time of discharge from hospital is out of hours.

We are sorry but the Trust cannot accept responsibility for loss or damage to items not given for safe keeping.

You can get further information on all sorts of health issues through NHS interactive available through Sky TV or online at: <http://www.nhsdirect.nhs.uk/>

For Health advice and out of hours GP service please call the NHS 111 service on: 111

We Value Your Views On Our Service

If you wish to comment on the care which you, your relative or friend has received, we will be pleased to hear from you. Please speak to the person in charge of the ward, clinic or service in the first instance or ask them to contact the Quality Team. If you wish to contact them directly, telephone on 534850.

Alternatively you may prefer to write to:

Chief Executive
Isle Of Wight NHS Trust
St Mary's Hospital
Newport
Isle of Wight
PO30 5TG

You can also share any concerns you have about our services with the Care Quality Commission (CQC) on 03000 61 61 61 or at enquires@cqc.org.uk

All NHS sites are no smoking areas.

If you would like help and advice to stop smoking please call: Freephone 0800 169 0 169 to talk to the NHS Smoking Helpline.

Ref: **E/PICOE/01**