

Bowel prep for picolax colonoscopy

It is very important that you follow the instructions exactly, or the examination may have to be postponed.

Two days before the examination take a light breakfast at 8am (tea and toast). after this you may have the following foods- please ensure to take them right up to 12noon the day before the procedure

- Green or Yellow jelly (not red jelly)
 - Vanilla ice-cream
 - Chicken broth (no bits),
 - Glucose sweets (available at chemist)
 - Tea and coffee,
 - Water
 - 7up.
 - Bovril
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- Take one sachet of Picolax (dissolve in a large mug of water, stir for 2-3 minutes and drink) at 5pm, drink at least 2 litres of water or 7up slowly over the next 2 hours (1 mug every 30mins). You may stop drinking water/7up when passing clear fluids

On the day before the examination you may have the above foods/drinks up to 12noon, after that you may have water, 7up, tea and coffee up to midnight

- At 1pm take the 2nd sachet of picolax as per previous instructions
- At 5pm take the third sachet of Picolax as per previous instructions

On the day of the procedure you may sip water or 7up up to 2 hours before your admission time (please take any regular medication with these sips, unless specifically requested to stop by your Consultant)

Remember, the sachets will give you frequent bowel movements, so be ready for this. Drink plenty of fluids before midnight.

If this medication makes you feel unwell stop the test preparation and contact the hospital 021 4926217 during working hours or 021 4926100 and ask for surgical Doctor on call out of hours