

MR TIM WORTHINGTON

Instructions for patients on how to take Picolax

Please read this leaflet carefully

Picolax is used as a bowel preparation to clear out your bowel before a colonoscopy, so that the person performing your test can get a really good view. Picolax works by increasing the activity of the bowel and by reducing absorption of water from the bowel.

Please follow the instructions on page 2.

If your appointment is **before 12 noon**, follow the **morning instructions**.

If your appointment is **from 12 noon**, follow the **afternoon instructions**.

How to take Picolax

Morning Appointment	The day before your examination
	You may have a light breakfast but avoid milk or yoghurt. See low residue diet suggestions on page 3.
	Do not eat any more solid food after 9 am and clear fluids only up to two hours prior to the procedure.
	At 10am mix the first sachet with a cup of cold water (150ml–200ml), stir and drink the solution.
	To replace fluid lost from your body, it is important that you drink plenty of clear fluids until your bowel is completely clear. Drink a glass of fluids (about 250 mls) every hour while the Picolax is working. See opposite for suggestions.
	Between 2pm and 4pm mix the second sachet with a cup of cold water, stir and drink the solution.
You may continue drinking up to two hours prior to the procedure.	

Afternoon Appointment	The day before your examination
	You may have a light breakfast and lunch the day prior to your appointment. See low residue diet suggestions on page 2.
	Do not eat any more solid food after 12 midday and clear fluids up to two hours prior to the procedure.
	Between 2pm and 4pm mix the first sachet with a cup of cold water (150ml-200ml), stir and drink the solution.
	To replace fluid lost from your body, it is important that you drink plenty of clear fluids until your bowel is completely clear. Drink a glass of fluids (about 250 mls) every hour while the Picolax is working. See opposite for suggestions.
	The day of your procedure
At 7am mix the second sachet with a cup of cold water, stir and drink the solution.	
You may continue drinking up to two hours prior to the procedure.	

The following list of foods can be eaten in conjunction with the above plan

Suggestions of low residue foods:

Fats: Butter, margarine	Meat/fish: Minced or well cooked tender, lean, beef, lamb, ham, veal, pork, poultry, fish, shellfish
Cereal: Crisped rice cereal, corn flakes	Gravy: Using stock cubes (white flour or corn flour may be used to thicken)
Eggs: Boiled, poached	Bread: White bread/toast
Potatoes: Boiled, creamed, mashed, baked	Sugar/sweetener: White/brown sugar, sweetener
Pasta: Plain macaroni, spaghetti, noodles	Dessert: Colourless jelly (e.g. lemon, pineapple NOT red fruits)
Rice: Plain, boiled white rice	
Cheese: Cream cheese, cottage cheese	

Suggestion of fluids that can be consumed

You can drink water, energy drinks, soda water, black tea or coffee, fizzy drinks, squash (but avoid blackcurrant), herbal or fruit teas, drinks made from Marmite, Bovril or stock cubes. **DO NOT DRINK MILK.**

Children

Timings as opposite.

1-2 years: ¼ sachet at each interval	4-9 years: 1 sachet at first interval, ½ sachet at second
2-4 years: ½ sachet at each interval	9 years and older: use adult dose

What do I need to know about Picolax?

- Picolax should not be consumed over a period longer than 24 hours.
- Picolax can cause dehydration. You should try to drink a glass of fluid (about 250 ml) every hour whilst taking Picolax. If you experience any symptoms of dehydration such as dizziness, light headiness (particularly when you stand up), thirst or reduced urine output, you should increase your fluid intake. If these symptoms persist or you are unable to increase your fluid intake you should seek medical advice.
- Everybody responds differently to Picolax but it usually starts working relatively soon after taking it. It is therefore advisable to make sure that you are within easy reach of a toilet.
- Picolax may cause you to pass loose motions and to prevent your bottom becoming sore you may wish to apply a barrier cream (Vaseline or Sudocream) to the skin around your anus before taking it.
- A sachet of Picolax should be mixed with 150-200 mls of cold water. Do be aware that the resulting solution can become hot. Please leave it to cool down before taking it. Drinking Picolax through a straw may make it easier to consume.
- The success of your colonoscopy depends on the bowel being clear and the procedure may need to be repeated if the bowel is not sufficiently cleared out. A good result can usually be achieved if you follow the guidance overleaf.
- You should take your routine medications as discussed with Mr Worthington. Avoid taking your medications less than one hour either side of taking Picolax.
- If you have any questions regarding these instructions, please contact Mr Worthington's office on **01483 555958**.

Always read the patient information leaflet enclosed with your medication
