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**PICOLAX FOR AFTERNOON APPOINTMENT**  
**BOWEL PREPARATION INSTRUCTIONS**

**IT IS IMPORTANT THAT YOU FOLLOW THESE INSTRUCTIONS CAREFULLY. IF YOUR BOWEL PREPARATION IS NOT ADEQUATE THEN A DIAGNOSIS MAY NOT BE MADE AND YOU WILL HAVE TO UNDERGO THE PROCEDURE AGAIN.**

**7 Days before Colonoscopy**

Stop iron tablets (Ferrous Sulphate) some multivitamins or supplements that may contain small amounts of iron.

Stop any food containing bran (oat bran, wheat bran, rice bran etc.)

If you are on blood thinning medications (Rivaroxaban, Edoxaban, Apixaban, Warfarin, Clopidogrel, Dipyriadamole ETC) or have diabetes, please ring/ email the secretary. The name of the underlying condition for which you are on the blood thinner is essential for you to know before you contact the secretary.

**4 Days before Colonoscopy**

Stop taking constipating agents such as Imodium/ loperamide. If you are taking any pain relief containing Codeine Phosphate (Co-codamol/Co-dydramol etc.), it needs to be stopped to have best results for the bowel preparation, but consult your GP before you stop any codeine based or opioid pain killers. Please continue taking all your other prescribed medication.

**2 Days before Colonoscopy**

You are allowed to eat food from this list: white bread, pasta or rice, boiled or mashed potato without skin, butter, margarine, eggs and tofu, white meat, skinless chicken, grilled or poached fish, clear jelly (except red or blackcurrant), custard, plain ice cream and boiled sweets.

You **SHOULD NOT EAT** food high in fiber such as wholemeal, granary bread, bran, muesli, all fruits and vegetables. Red meat, sausage and pies, nuts and pulses including baked beans, wholemeal pasta, brown rice, pudding containing nuts and fruits, cakes, biscuits and yoghurts.

**1 Day before your appointment**

Please follow the instructions below and tick appropriate box once you have started the regime:-

Time	Morning Appointment	Please tick
7am	Good breakfast (from the list above) then nothing solid afterwards	

10am	Drink at least a pint of clear fluid	
12pm	Clear soup + a pint of clear fluid	
2pm	Take Picolax (please see instructions below)	
4pm	Drink at least a pint of clear fluid	
6pm	Clear soup + a pint of clear fluid	
8pm	Take Picolax (please see instructions below)	
10pm	1 pint of clear fluid	

**Day of Procedure**

Time	Morning Appointment	Please tick
6am- 7am	Take Picolax (please see instructions below)	
10am	Drink at least a pint of clear fluid	
12pm	Continue drinking <b>SIPS</b> of clear fluids until two hours before your appointment time	

If you are having a Gastroscopy/ upper endoscopy then refrain from any drink four hours prior to the appointment.

**OTHER USEFUL INFORMATION**

Clear Fluids	Fluids to be avoided
Water, squash drinks, coke, lemonade	Milk
Tonic/soda, Lucozade, black tea or coffee	All drinks containing milk e.g. hot chocolate
Clear soup, sieved soup, clear broth, stocks jellied chicken soup	Fruit juices with pulps
Marmite/Bovril/OXO mixed with hot water	Tomato Juice

**Instructions on how to prepare Picolax**

Dissolve one sachet in 250mls of water and drink immediately. You may find it easier to drink with a straw and if the mixture is chilled. You could also add a dash of fruit squash, sugar or honey to make it taste nicer. Please avoid red, purple and brown coloured soft drinks. If you feel sick whilst drinking the preparation, stop temporarily, keep moving about and you should feel better.

The preparation can take up to 1 hour to start working. The effect of Picolax is to cause frequent bowel movements. You should stay within easy reach of a toilet. You may want to apply a barrier cream containing zinc (e.g. Sudocrem) or castor oil around the anus to prevent soreness.

Please aim to drink at least 9 pints of clear fluid during the bowel preparation. It does not need to be taken at once, and may be taken in smaller amounts.

If you have any questions regarding the above information, please email/ring the secretary