

PATIENT INFORMATION
HOW TO TAKE PICOLAX PRIOR TO COLONOSCOPY

To investigate your symptoms or family history, a colonoscopy has been arranged for you. For this to take place it is important that your bowel (colon) is completely empty so that the Consultant can have a good view. Please read this leaflet carefully and be sure to follow the instructions depending on whether your appointment is in the morning or afternoon.

It is also important that you read the product leaflet as it contains more information on the medicine that you are taking, **but please do not follow the instructions on that leaflet for taking the medicine as you must not have any solid food whilst you are taking the Picolax.**

Picolax is a preparation used to clear the bowel before some investigations and some types of surgery. It comes as a powder, which, when mixed with water makes a solution, which you then drink as instructed. It works by increasing the activity of the bowel and also by holding water in the bowel, which helps to wash it out.

You will need to start taking the Picolax the day before your appointment. You must not eat any solid food while taking Picolax, but it is very important that you drink as much clear liquid as possible. This will help to avoid dehydration, ensure a clean bowel and prevent you feeling too hungry.

- If your appointment is before 12 noon, follow the instructions for a morning appointment.
- If your appointment is after 12 noon, follow the instructions for an afternoon appointment.

Picolax usually starts to work fairly soon after you take it and may continue to work for up to six hours after the first dose and up to 3 hours after the second dose.

Therefore it is a good idea to make sure you are within easy reach of a toilet during this time.

The effect of Picolax can make your bottom quite sore, so you may wish to apply some Vaseline or Sudocrem before you start. Drinking the Picolax through a straw can make it easier to take.

Picolax should always be mixed with water, 150-250 ml of cold tap water should be sufficient. It is not unusual for the mixture to become hot when mixed, if this is the case leave it to cool before taking. Try to keep warm as you may begin to feel cold when the Picolax starts to work.

The success of your procedure depends on your bowel being clear. The procedure may need to be repeated if the bowel is not adequately cleared out. Please take the Picolax as described below. If you have any queries please contact your consultant's secretary.

Please continue taking all other medication as normal. The absorption of some medicines e.g. oral contraceptives, anti-epileptics and anti-diabetics may be delayed or prevented. Please contact your consultant if you are taking Warfarin, are epileptic or diabetic, alternative contraceptive methods should be used during the week after you have taken the bowel preparation.

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