

MORNING APPOINTMENT	AFTERNOON APPOINTMENT
<p>The day before the procedure – In place of breakfast, at 8am mix the first sachet with a cup of cold water, stir and drink the solution. You should not eat any food until after your procedure.</p>	<p>The day before the procedure – Have a light lunch at about 1pm, this will be your last meal until after the procedure. At 7pm mix the first sachet with a cup of cold water, stir and drink the solution</p>
<p>To replace fluid lost from your body it is important that you drink plenty of clear fluids. Try to drink a glass of fluid (about 250ml) every hour while the Picolax is working. You can drink water, energy drinks, soda water, black tea or coffee, fizzy drinks, fruit juice (with no bits), squash (but avoid blackcurrant) herbal or fruit teas, drinks made from Marmite, Bovril or stock cubes, clear soup or consommé DO NOT DRINK MILK</p>	<p>To replace fluid lost from your body it is important that you drink plenty of clear fluids. Try to drink a glass of fluid (about 250ml) every hour while the Picolax is working. You can drink water, energy drinks, soda water, black tea or coffee, fizzy drinks, fruit juice (with no bits), squash (but avoid blackcurrant) herbal or fruit teas, drinks made from Marmite, Bovril or stock cubes, clear soup or consommé DO NOT DRINK MILK Continue drinking until bedtime.</p>
<p>At 7pm take the second sachet of Picolax Continue drinking until bedtime</p>	<p>At 7am take the second sachet of Picolax In the morning you may drink until three hours prior to your admission time.</p>
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