



## Bowel preparation instructions

The bowel must be empty and free of waste matter to allow the doctor to see it clearly. To do this you must take a bowel preparation called PicoLax. The enclosed PicoLax sachets must be taken **the day before your appointment:**

- **before breakfast at 8.00am**
- AND**
- **at 3pm**

## How to take PicoLax

Dissolve the contents of the PicoLax sachet in a cup of cold water (approx 150mls). Stir for 2-3 minutes. The solution may become warm – wait until it has cooled down before drinking.

## Diet

As well as taking the PicoLax you must also follow the diet instructions below on **the day before your appointment:**

### **BREAKFAST 8.00am-9.00am**

Eat one of the following:

- 30g Rice Krispies or cornflakes with up to 100mls milk, **or**
- 2 slices white bread or toast with a thin layer of butter/margarine and honey if desired, **or**
- 1 boiled/poached egg with 1 slice of white bread or toast as above, **or**
- 50g cottage/cream cheese with 1 slice of white bread or toast as above

Plus tea / coffee (with milk/sweeteners as required) or water or clear fluids (for example: Fruit squash, Bovril, Lemonade).

### **MID-MORNING DRINK**

Tea / coffee (with milk / sweeteners as required) or water or clear fluids.

## **LUNCH 12.00 noon-13.30pm**

Choose one of the following:

- 75g of meat (e.g. lean beef, lamb, ham, veal, pork or poultry, with gravy) or fish or shellfish, **or**
- 2 boiled or poached eggs, **or**
- 100g cream or cottage cheese or cheese sauce

and one of the following:

- 2 slices white bread or toast with a thin layer of butter or margarine, **or**
- 2 small (egg-sized) potatoes, with the skin removed, with small amount of butter or margarine, **or**
- 2 tablespoons plain white rice **or** pasta

Plus **black** tea /coffee, water or clear fluids

## **MID-AFTERNOON 3pm**

Take second Picolax sachet.

## **SUPPER 7pm-9pm**

### **No solid food allowed**

- Clear soup or drinks made from stock or meat extract cubes
- Clear jelly for dessert

Plus **black** tea /coffee, water or clear fluids

**No further solid food, milk or dairy products are allowed until after the procedure the next day.**

You must continue to drink clear fluids until bowel movements have stopped. It is important to make sure that you drink enough fluid to satisfy your thirst. This will also help to avoid dehydration and headaches. **Drink clear fluids, preferably water or tea, coffee, squashes, strained fruit juice, herbal or fruit teas, clear soups or drinks made from stock/meat extract cubes e.g. Oxo/Bovril.** Tea or coffee after lunch should be black. Thereafter drink enough clear fluids to satisfy your thirst until after the procedure.

You may wish to bring a drink and a snack to eat after the examination has finished. Alternatively, you can visit the restaurant in the hospital.

## Questions

If you have any questions about these instructions, please call the number on the front of your appointment letter.

If you need an interpreter or need a document in another language, large print, Braille or audio version, please call **01865 221473** or email **PALSJR@orh.nhs.uk**

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