

## Bowel Preparation

### Preparation for Colonoscopy/ Flexible Sigmoidoscopy Examination:

Two days before your examination you should increase your fluid intake to up to four litres (eight pints) a day and commence a low fibre diet.

### What is a Low Fibre Diet?

The effect of fibre on stools is that it increases their size and wetness. A diet low in fibre will therefore reduce the amount of stool formed because most of the diet will be digested and absorbed by the bowel. The less stool produced the clearer the bowel will be.

The list of foods allowed and food not allowed are shown below.

### Foods Allowed Before Bowel Preparation

Fish – Any white fish

Meat – Any lean meat

Eggs – Cooked to your preference

- Cheese
- Milk
- Cream
- Butter
- Ice-Cream
- Smooth Yoghurt (no bits) plain/flavoured.

Vegetables:

- Potatoes (peeled) – boiled/mash
- Cauliflower Florets
- Marrow Flesh
- Parsnips (peeled)
- Asparagus
- Courgettes (peeled)
- Cucumber (Peeled)
- Radish

Fruit:

- Grapefruit (avoid pith)
- Lychees
- Pears
- Apples
- Peaches (peeled, cooked and sieved)
- Bananas

Sundries:

- White Bread
- Shredless Marmalade (no bits)
- Honey
- Milk puddings
- White pasta
- Plain biscuits (e.g. Rich Tea)
- Cream Crackers
- Ice Lollies
- Crisps
- Rice Krispies
- Rice (dry weight) – Allowance total of 125grams or two ounces per day.
- Plain Cakes (i.e. no fruits)
- Marmite
- Boiled Sweets
- Yorkshire Pudding
- Pancakes and Pastries (made with white flour)
- Chocolate plain/milk (no nuts/fruits)
- Soup clear/puréed

Drinks:

- Squashes
- Oxo
- Ribena
- Water
- Marmite
- Fizzy drinks
- Tea
- Coffee
- Bovril
- Horlicks
- Ovaltine
- Hot Chocolate

**Foods Not Allowed Before Bowel Preparation**

Cereal Products:

- Whole-wheat/wholemeal flour
- Whole-wheat/wholemeal bread
- All breakfast cereals (except Rice Krispies)
- Oatmeal, Oatbran and Oatgerm
- Rye Flour
- Bran
- Oatcakes
- Ryvita and all crisp breads.

Fruits:

- All fruit except those on the 'food allowed' list

Vegetables:

- All vegetables except those on the 'food allowed' list.

Sundries:

- Jam
- All Nuts and seeds
- Pickles
- Chutneys
- Digestive Biscuits
- Biscuits containing bran
- Coconut

**Note: This list is not exhaustive. If in doubt please leave it out.**

## When To Take Your Picolax?

### The bowel prep is taken the day before your procedure

Mix one sachet of Picolax in a glass of cold water ( approx 150ml ). Stir for 2-3 minutes and drink the solution. Sometimes the solution becomes hot as the Picolax dissolves, if this happens, wait until it cools sufficiently before drinking.

For a **Morning** appointment *(the time of procedure and not the admission time)*

**The day before your procedure**, you may have light breakfast before you start your bowel prep and then you will not be able to eat any more solid food until after your procedure.

Take your first sachet at 10.00am, and your second sachet at 2pm and the third sachet at 6.00 pm **the day before** your examination.

For an **Afternoon** appointment *(the time of procedure and not the admission time)*

**The day before your procedure**, you may have a light lunch (at 11am) before you start your bowel prep and then you will not be able to eat any more solid food until after your procedure.

Take your first sachet at 2pm and your second sachet at 6.00 pm **the day before** your examination. Take the third sachet at 6.00 am **on the day of your examination**.

## Once You Have Started Your Bowel Preparation

**Note: this is the day before your examination**

Once you have started your preparations you should be on **clear fluids only**. You should increase the amount of clear fluids to 3-4 litres. This is to ensure that the Picolax works affectively.

It is important that you should try to drink at least one glassful of clear fluids every half an hour after taking any laxative preparation that you have been given. This is to prevent you becoming dehydrated.

Clear fluids mean no milk or milk products in tea or coffee (these should be drunk black with or without sugar).

Drinks need to include those that contain sugar to maintain a source of energy otherwise you may find yourself feeling weak or dizzy and you may possibly faint.

Other clear fluids allowed are:

- Bovril
- Marmite
- Oxo
- Tonic Water
- Fizzy Drinks (NOT diet/low calorie)
- Squash ( not blackcurrant)
- Water
- Soda

**You must NOT eat any foods except for:**

- Clear soups (no bits)
- Boiled sweets mints or dextrose tablets can be sucked
- Ice-lollies (non-dairy)
- Plain jellies (but not red or blackcurrant flavours)

**Please note:**

Picolax can start working within as little as 30 minutes but may take up to 4 hours, so stay within reach of a toilet. Barrier creams such as Sudocrem may be used to soothe any irritation from frequent trips to the toilet.

**Please be nil by mouth 2 hours before your appointment time.**