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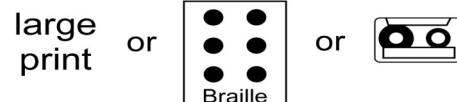
01276 526045 or
01276 526458

Instructions for taking Oral Bowel Preparation


should you have any questions relating to these instructions and require further advice on any matter relating to your examination.

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 Patient Advice & Liaison Office on

 01276 526706

Please read before your colonoscopy appointment



As part of your proposed investigation/procedure, you will need to take medication (prep) to clear your bowel of all solid contents. At the end of the prep you should be passing clear watery diarrhoea. It is important that the bowel is cleaned or your investigation / procedure may need to be repeated.

The effect of the prep may make your bottom sore, so you may wish to apply Vaseline or Sudocrem. The preparation usually starts to work soon after starting, so you should be within easy reach of a toilet.

You will need to start taking your bowel preparation (Picolax or Kleanprep) the day before your procedure (for recommended timings see opposite). Once you have started your prep you must not take any solid food, and must only drink clear fluids (see below). You may flavour your prep with fruit squash/cordial to taste. You may wish to drink the prep through a straw.

EXAMPLES OF CLEAR FLUIDS

PERMITTED clear fluids	Fluids NOT allowed
Water and fruit squashes / cordials Black tea or coffee Bovril, stock cubes or clear soups Fizzy drinks (eg. Lemonade, cola)	Milk White tea or coffee Hot chocolate or Horlicks Fresh fruit juice (eg. Tropicana)

SPECIAL INSTRUCTIONS

You should take your regular medications at the normal time during your preparation with the following exceptions:

Diabetes	Diabetic patients on Insulin or tablets should receive a leaflet of guidance for adjusting your doses and monitoring your blood sugar level.
Iron tablets	Stop these a week before bowel prep
Warfarin Clopidogrel Dagibatran Rivaroxaban	You may need to stop this 3 days before your procedure. You should have received instructions when you received your prep; if not please contact the endoscopy department.
Loperamide Codeine Lomotil	These medications cause constipation & should be stopped a day before prep as they will reduce the effect of the prep.

PICOLAX is a concentrated prep. Mix a sachet with 250mls water and flavour to taste, and after taking this you must drink a further 2000mls of clear fluid over 4-8 hours. For full bowel prep this is repeated (2 sachets & at least 4000mls over 24 hours)

KLEANPREP is a dilute prep. Mix each sachet with 1000mls water and add flavour to taste. For full bowel prep all 4 sachets are to be taken (4000mls fluid) over 24 hrs. You may drink additional clear fluids as desired

RECOMMENDED TIMINGS

You will have an appointment for either morning or afternoon. If you have a morning appointment, the full prep is taken the day prior to your procedure. If you have an afternoon appointment, half the prep is taken the afternoon/evening of the day before and then half is taken on the morning

MORNING APPOINTMENT	AFTERNOON APPOINTMENT
<p>The day before the procedure</p> <p>Start prep at 7 to 8 AM</p> <p>PICOLAX: 1 sachet in 250mls water, followed by 2000mls clear fluids. Try to drink between 250-500mls fluid per hour over 4-6 hrs.</p> <p>Or</p> <p>KLEANPREP: 2 sachets in 2000mls water. Try to drink between 250-500mls of prep per hour over 4-6 hrs.</p>	<p>The day before the procedure:</p> <p>Start prep after lunch, as early as possible.</p> <p>PICOLAX: 1 sachet in 250mls water, followed by 2000mls clear fluids. Try to drink between 250-500mls fluid per hour over 4-6 hrs.</p> <p>Or</p> <p>KLEANPREP: 2 sachets in 2000mls water. Try to drink between 250-500mls of prep per hour over 4-6 hrs.</p>
<p>The afternoon before the procedure, repeat the prep, starting before 4 pm. You may continue to drink until bedtime.</p>	<p>The morning of the procedure, repeat the prep, starting by 8AM. Remember to take your normal medications</p>
<p>If you are also having a gastroscopy (OGD) you must stop drinking 3 hours before your appointment, otherwise you can continue to drink clear fluid until you go into the procedure room.</p>	