

# A guide for diet and oral picolax preparation for a colonoscopy



Turnberg Building  
Endoscopy Unit  
0161 206 4720



Health & care  
information  
you can trust

The Information Standard

Certified Member

## Please read and follow these instructions carefully

### Preparing for a colonoscopy

For your test to be successful you must follow these instructions.

#### Medication

Please take your usual medication but **AVOID IRON PREPARATION AND ANY OTHER CONSTIPATING DRUGS FOR 1 WEEK PRIOR TO THE TEST.**

A special diet should be followed for 3 days prior to your colonoscopy. This ensures that your bowel is empty for the procedure.

### Picolax preparation

**PICOLAX** is a very strong laxative which, in addition to the diet, ensures that your bowel is prepared for the colonoscopy.

**NB: Picolax causes diarrhoea**

## Day One:

### 3 days before your colonoscopy



Please eat a low residue diet today, choose from the foods below:

- Rice Krispies with skimmed milk
- Eggs
- Boiled potatoes
- White rice
- Clear strained soups
- Fish, grilled or poached (not fried)
- Chicken, grilled, roast or boiled (not fried)
- Jelly
- **No vegetables with your meals**

## Day Two:

### 2 days before your colonoscopy



From today you must only have a clear liquid diet. Please choose from the fluids listed below:

- Clear strained soups
- Oxo, Bovril, Marmite drinks
- Fruit juices (strained, if containing particles) **NOT** tomato
- Bottled flavoured waters
- Fruit cordial (**NOT** red or purple coloured juices)
- Lucozade and fizzy drinks
- Jelly
- Tea and coffee with skimmed milk

## Day Three:

### Day before your colonoscopy



Continue your fluid only diet.

To prevent you becoming dehydrated it is important that you drink at least 4 pints of fluid today:



**8.00am**

Dissolve the powder contained in one sachet of Picolax with a little cold water.

**CAUTION** - This fluid may become hot. Wait until it cools, dilute with cold water to make one glass and drink.



**4.30pm**

Dissolve and mix the contents of the second sachet of Picolax as before, and drink.

**Picolax causes diarrhoea - stay within easy reach of a toilet after taking it !**

**REMEMBER - DO NOT EAT ANY SOLID FOOD**

## The day of your examination

If you are **only having a colonoscopy** you may keep drinking **clear liquids** up until your appointment time to satisfy your thirst.

**REMEMBER - DO NOT EAT ANY SOLID FOOD**

If you have any further questions, please contact the nurse co-ordinator on:



**0161 206 5959**



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Chinese 如果需要翻译，请拨打电话

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