

How to prepare and take each dose of Picolax

1. Empty one sachet of Picolax into a glass and mix it with 150ml of cold water.
2. The drink may become hot when added to water.
3. Wait five minutes.
4. Drink the medicine.
Drink at least 1500ml (one and a half litres) of clear fluid after drinking the Picolax.



The day before your appointment have a low fibre lunch then **DO NOT EAT** from **13:00hrs (1pm)** until **AFTER** your procedure.

You can continue to drink clear fluids, water, lemonade, tea & coffee with **NO MILK**.



DO NOT DRINK from two hours before your procedure.

Designed & Produced by the Department of Clinical Illustration, New Cross Hospital, Wolverhampton, WV10 0QP Tel: 01902 695377.

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Please follow the below instructions carefully:

6 days before your test:

Take **two** Senna tablets in the evening

5 days before your test:

Take **two** Senna tablets in the evening

4 days before your test:

Take **two** Senna tablets in the evening

3 days before your test	2 days before your test	1 day before your test	Day of test
Start low fibre diet after breakfast	Continue low fibre diet	Have a low fibre lunch before 13:00hrs (1pm)	05:00hrs (5am) - Take second dose of Picolax
Take two Senna tablets in the evening	Take two Senna tablets in the evening	After lunch no more food or milky drinks until after your test. Continue with clear fluids for the rest of the day	Continue to drink clear fluids until two hours before your test
		20:00hrs (8pm) - Take first dose of Picolax as per instructions overleaf	

After you drink Picolax you will have lots of watery bowel movements, so stay near a toilet as you will need to use it urgently. This can last for several hours.

If you find that the first dose of Picolax has not worked and you also develop a **new** onset of abdominal pain, please **DO NOT** start to take the second dose and contact the Endoscopy Unit on 01743 261064 between 08:00hrs (8am) and 17:30hrs (5.30pm). If it is outside these hours and the pain is increasing and/or you are concerned, then please contact NHS 111 for advice.



The Shrewsbury and Telford Hospital

NHS Trust

Picolax and Senna

Morning Appointment Preparation

Eating a low fibre diet for two days before your procedure is recommended.

Leave home in good time for your hospital appointment.

Low fibre foods which are preferred

- White meat, skinless chicken, grilled or poached fish
- White bread, pasta, rice, boiled or mashed potatoes
- Cheese, eggs, tofu
- Ice cream, custard, jelly (NO red or black currant), boiled sweets
- Butter / margarine
- Shredless marmalade or jam
- Tea, coffee, water or fruit squash

High fibre foods which should be avoided

- Red meat, sausages and pies
- Nuts, pulses and seeds including baked beans
- Any fruit juices, fruit, vegetables or salad
- Wholemeal brown or seeded bread, pasta or brown rice
- Potato skins or chips
- Cakes and biscuits
- Yogurts
- Puddings containing fruit or nuts

Key points

Always read the label. If you develop any side effects or start to feel unwell, stop taking the bowel preparation and seek advice from your doctor, pharmacist or nurse.

It is **extremely important to fully complete** your bowel preparation as instructed, to ensure your bowel is clear for the test. Poor bowel preparation can lead to the cause of your symptoms being missed or cancellation of the procedure.

Unless advised otherwise by your doctor or nurse, take your usual medication as prescribed, but timed an hour before starting the bowel preparation.

If you have a long journey to your appointment you may want to plan toilet breaks on your route and bring a change of clothes with you.