

# Picolax<sup>®</sup> / Citrafleet<sup>®</sup> for Morning Appointment Bowel Preparation Instructions

This sheet gives you instructions on when and how to prepare your bowel prior to taking your laxatives for your procedure. It is important that you follow these instructions carefully to ensure your bowel is clear to allow us to complete your examination. Poor bowel preparation may mean requiring us to cancel and rebook your appointment.

## 7 days before Colonoscopy

Stop iron tablets (Ferrous Sulphate, Ferrous Gluconate, Ferrous Fumarate) some multivitamins or supplements may contain small amount of iron.

Stop any food containing bran (oat bran, wheat bran, rice bran etc.)

If you are taking Warfarin<sup>®</sup>, Clopidogrel<sup>®</sup>, Apixaban<sup>®</sup>, Dabigatran<sup>®</sup>, Edoxaban<sup>®</sup> or any blood thinning medication, please ring the Endoscopy Unit on 01932 722747 for advice.

## 4 days before Colonoscopy

Stop taking constipating agents such as Lomotil, Imodium / Loperamide, Buscopan, Cholestyramine or Colesevalam.

Stop taking pain relief medication containing Codeine Phosphate (Co-codamol<sup>®</sup> / Co-dydramol<sup>®</sup> etc.)

Please continue taking all your other prescribed medication.

## 2 days before Colonoscopy

You can continue to eat your normal meals but please avoid foods that are high in fibre. (See list below)

	ALLOWED (✓)	AVOID (X)
<b>Cereals</b>	Rice Crispies, Frosties, Sugar Puffs, Coco Puffs, Cornflakes	All wheat-based cereals like Shredded Wheat, Weetabix, porridge, Fruit and Fibre <sup>®</sup> , Muesli, granola, wheat bran and all bran
<b>Pasta</b>	white pasta	wholemeal pasta
<b>Rice</b>	white rice	brown rice
<b>Bread</b>	white bread	wholemeal, granary, soft grain, oat bread
<b>Meat</b>	chicken, turkey, fish, eggs	All red meat
<b>Fruits and Vegetables</b>	Baked, boiled, mashed potatoes WITHOUT skin	All fruits and vegetables
<b>Dairy</b>	Butter, margarine, cheese, almond milk	Cow's milk, goat's milk, oat milk, soya milk as it contains a lot of fibre

	ALLOWED (✓)	AVOID (X)
<b>Soups</b>	<b>Sieved soup, clear broth, stocks Marmite® / Bovril® / OXO® mixed with hot water</b>	Chunky vegetable or lentil soups
<b>Drinks</b>	<b>clear fluids include squash drinks, coke, lemonade, tonic / soda, Lucozade, jelly, black tea or coffee</b>	fruit juices with pulp, tomato juice
<b>Preserves and Sweets</b>	Sugar, jam, marmalade, honey, maple syrup, lemon curd	Jams or marmalade with peels and seeds, chocolate bars containing dried fruits and nuts
<b>Others</b>	Tofu, plain yoghurt	Nuts, dried fruits, Quorn, hummus

### 1 day before your appointment

Try drinking at least 2 litres of clear fluids (8-10 glasses) per day. List of **clear fluids** allowed please **see allowed list in bold in the box above**.

Please follow the instructions below and tick appropriate box once you have started the regimen.

Time	Morning Appointment	Please tick
7am	Good breakfast then nothing solid afterwards	
8am	Take Picolax® / Citrafleet® (please see instructions at the back page)	
10am	Drink at least a pint of clear fluid	
12pm	Clear soup + a glass of clear fluid	
2pm	Drink at least a pint of clear fluid	
4pm	Take Picolax® / Citrafleet®	
6pm	Clear soup + a glass of clear fluid	
8pm	Take Picolax® / Citrafleet®	
10pm	1 pint of clear fluid	



## Day of the procedure

Continue drinking **SIPS** of clear fluids until **four hours** before your appointment time.


## Instructions on how to prepare Citrafleet® / Picolax®

Dissolve one sachet in 100 mls of lukewarm water then add 150 mls of cold water and drink immediately as tolerated. You may find it easier to drink with a straw. You could also add a dash of fruit squash, sugar or honey to make it taste nicer. Please avoid red, purple and brown coloured soft drinks. If you feel sick while drinking the preparation, stop temporarily. Keep moving about and you should feel better.

It is advisable to stay near the toilet once you have started taking your bowel preparation. You should expect frequent bowel movement and diarrhoea within one to three hours from the first dose of the medication, this will continue until you have taken the last dose of the medicine. You may want to apply some cream such as Zinc and Caster Oil in your bottom to prevent soreness.

Remember to keep drinking fluids especially once the diarrhoea has started to prevent you from getting dehydration. As a guide, you must drink at least two litres of clear fluids on the day that you are taking your bowel preparation.

Any questions regarding the above information, please ring us on 01932 722231, between the hours of 0800-1800 from Monday to Saturday.



## Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email [asp-tr.patient.advice@nhs.net](mailto:asp-tr.patient.advice@nhs.net). If you remain concerned, the team can also advise upon how to make a formal complaint.

Author: Jean Asare

Department: Endoscopy

Version: 4

Published: June 2022

Review: June 2024

**We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.**



اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔  
 ਜੇ ਤੁਹਾਨੂੰ ਡਰਾਈਵਿੰਗ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ 'ਤੇ ਫੋਨ ਕਰੋ: 01932 723553  
 اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براؤزر میں اس فون نمبر 01932 723553 پر رابطہ کریں  
 Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553  
 यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553  
 Jeżeli chcemy, aby te informacje w innym języku,  
 proszę zadzwonić 01932 723553

**Ashford Hospital** London Road, Ashford, Middlesex, TW15 3AA Tel: **01784 884488**  
**St. Peter's Hospital** Guildford Road, Chertsey, Surrey, KT16 0PZ Tel: **01932 872000**

Website: [www.ashfordstpeters.nhs.uk](http://www.ashfordstpeters.nhs.uk)