

Picolax[®] / Citrafleet[®] for Afternoon 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[®], Clopidogrel[®], Apixaban[®], Dabigatran[®], Edoxaban[®] 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[®]/Co-dydramol[®] 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)
Cereals	Rice Crispies, Frosties, Sugar Puffs, Coco Puffs, Cornflakes	All wheat-based cereals like Shredded Wheat, Weetabix, porridge, Fruit and Fibre [®] , Muesli, granola, wheat bran and all bran
Pasta	white pasta	wholemeal pasta
Rice	white rice	brown rice
Bread	white bread	wholemeal, granary, soft grain, oat bread
Meat	chicken, turkey, fish, eggs	All red meat
Fruits and Vegetables	Baked, boiled, mashed potatoes WITHOUT skin	All fruits and vegetables
Dairy	Butter, margarine, cheese, limit your intake of cow/goat's milk to no more than half a glass	Almond milk, oat milk, soya milk or any plant-based milk as it contains fibre

	ALLOWED (✓)	AVOID (X)
Puddings / cakes	Mousse, jelly (not red), sponge cakes, madeira cakes. Rich tea biscuits, wafer biscuits	Digestive, oat biscuits, Ryvita or anything containing wholemeal flour, dried fruits and nut
Soups	Sieved soup, clear broth, stocks Marmite® / Bovril® / OXO® mixed with hot water	Chunky vegetable or lentil soups
Drinks	clear fluids include squash drinks, coke, lemonade, tonic/soda, Lucozade, jelly, black tea or coffee	fruit juices with pulp, tomato juice
Preserves and Sweets	Sugar, jam, marmalade, honey, maple syrup, lemon curd	Jams or marmalade with peels and seeds, chocolate bars containing dried fruits and nuts
Others	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	Afternoon Appointment	Please tick
7am	Good breakfast then nothing solid afterwards	
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 + 1 glass of clear fluid	
8pm	Take Picolax® / Citrafleet®	
10pm	Drink at least a pint of clear fluid	

Day of the procedure

Time	Afternoon Appointment	Please tick
6-7am	Take Picolax® / Citrafleet® (please see instructions below)	
9am	Drink at least a pint of clear fluid	

Continue drinking **SIPS** of clear fluids until **two 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. 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. If you remain concerned, the team can also advise upon how to make a formal complaint.

Author: Jean Asare

Department: Endoscopy

Version: 5

Published: Feb 2024

Review: Feb 2026

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.



You can use Text Relay to turn telephone communications into text. Use the Relay UK app on your phone, tablet or PC. You can also use Relay UK via Minicom or Uniphone.

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

ਜੇ ਤੁਹਾਨੂੰ ਭਰਜਾਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

Se precisa de uma tradução por favor contacte: 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