

# Bowel preparation instructions for the use of Senna tablets and Picolax prior to your procedure

## Endoscopy

### Introduction

You have been given this leaflet so that you can prepare for your procedure.

To be able to get a clear view of the lining of your bowel it is very important that you follow the bowel preparation and dietary advice below to clear out your bowel before the procedure. If you have questions about bowel preparation or your regular medications, please contact the individual endoscopy units:

- |                                |                          |
|--------------------------------|--------------------------|
| • Royal Lancaster Infirmary    | <b>tel:</b> 01524 583724 |
| • Westmorland General Hospital | <b>tel:</b> 01539 715175 |
| • Furness General Hospital     | <b>tel:</b> 01229 402960 |

### Bowel preparation

One packet of Senna tablets and one pack of Picolax (containing two sachets) are enclosed. This comes with manufacturer's instructions inside the packaging. **Do not follow the manufacturer's instructions! Please follow our Trust instructions below.**

Our instructions have been designed by our consultants to provide the best results so that we can carry out your procedure successfully.

### Seven days before your procedure:

If taking iron tablets, please stop until after the procedure.

### Five days before your procedure:

- If taking any constipation medicines, for example: loperamide, codeine phosphate, stop taking these until after the procedure.
- Continue taking all other medication as prescribed and any laxatives until after your procedure. If you are a diabetic on insulin or diabetic tablets, please contact the Specialist Diabetic Team or your GP practice nurse.

- **Eat only food from the following list:** Boiled or steamed white fish, chicken (no skins), eggs, cheese, white bread, plain muffins, butter, margarine, white rice, white pasta, rich tea biscuits, potatoes/pumpkin (no skins), cauliflower/asparagus tips only, tofu, natural yoghurts, plain cottage cheese, tinned peaches/pineapple, plain sponge cakes.
- **Do not eat:** red meat, pink fish, or any high fibre foods such as raw fruit or other vegetables, skins/ pips, cereals, salads, mushrooms, nuts/seeds, sweetcorn, wholemeal bread etc.
- Continue to follow this diet until the day before your procedure

### **Four days before your procedure:**

- Take 2 x 7.5mg Senna tablets at bedtime

### **Three days before your procedure:**

- Take 2 x 7.5mg Senna tablets at bedtime

### **Two days before your procedure:**

- Take 2 x 7.5mg Senna tablets at bedtime

**Discard the remainder of the packet according to the instructions below:**

### **How to safely dispose of your remaining medicine**

Please return unused medicine (blister packs and medication only; you can recycle the paper leaflets and boxes) to your local community pharmacy, who will safely dispose of these for free.

**Don't throw your remaining medication in the bin, sink or toilet.** Throwing medicines away, such as in the bin with household waste, could lead to them being found by children, pets, or those that they are not intended for. Flushing medication or pouring them down the sink poses risks to the environment.

## The day before your procedure:

- Have a good breakfast and light lunch of foods taken from the permitted list above until 12 noon.
- From 12 noon onwards, do not eat any solid food until after your examination but drink plenty of clear liquids. Clear liquids include water, clear soup, fruit juice without pulp, soft drinks, tea and/or coffee without milk.
- **Note:** Avoid any fluid which is coloured red or purple (e.g., blackcurrant juice) as this can stain the bowel.

## If you are having a morning procedure (up to 12 noon) please follow the instructions below:

- If you take oral medications regularly in the evening, please take these medications **one** hour before starting the first sachet of Picolax.
- At 6pm dissolve the contents of one packet of Picolax in a cup of water (eight fluid oz's/150 mls). Please be aware that the mixture may fizz over when the powder is added; consider mixing in a larger jug. If it becomes warm, wait until it cools long enough, before pouring into a suitable glass and drink.
- Drink 5 x 250 ml drinks of clear liquids (not only water), spread over several hours
- At 8pm dissolve the second packet of Picolax in a cup of water (eight fluid ozs/150mls) please be aware that the mixture may fizz over when the powder is added, please consider mixing in a jug. If it becomes warm, wait until it cools long enough, before pouring into a suitable glass and drink.
- During the rest of the evening, drink 3 x 250 ml drinks of clear liquids (not only water), spread over several hours.
- Clear liquids, which may include water, clear soup, fruit juice without pulp, soft drinks, tea and/or coffee without milk, must be taken with each dose.
- **Note:** Avoid any fluid which is coloured red or purple (e.g., blackcurrant juice) as this can stain the bowel.
- You may continue to take sips of clear liquid up until two hours before the procedure.

## If you are having an afternoon procedure (1pm onwards) please follow the instructions below:

- If you take oral medications regularly in the evening. Please take these medications 1 hour before starting the first sachet of Picolax.
- At 6pm dissolve the contents of one packet of Picolax in a cup of water (eight fluid oz's/150 mls) please be aware that the mixture may fizz over when the powder is added, please consider mixing in a jug. If it becomes warm, wait until it cools long enough, **before pouring into a suitable glass and drink.**
- During the rest of the evening, drink 5 x 250 ml drinks of clear liquids (not only water), spread over several hours
- **On the day of your procedure** at 6am dissolve the contents of one packet of Picolax in a cup of water (eight fluid oz's/150 mls) please be aware that the

mixture may fizz over when the powder is added, please consider mixing in a jug. If it becomes warm, wait until it cools long enough, before pouring into a suitable glass and drink.

- Drink 3 x 250 ml drinks of clear liquids (not only water), spread over several hours
- Clear liquids, which may include water, clear soup, fruit juice without pulp, soft drinks, tea and/or coffee without milk, must be taken with each dose.
- **Note:** Avoid any fluid which is coloured red or purple (e.g., blackcurrant juice) as this can stain the bowel.
- You may continue to take sips of clear liquid up until two hours before the procedure.

### Are there any side effects?

- Please expect to have frequent bowel actions and eventually diarrhoea starting within three hours of taking the first dose of bowel preparation medicine. We would strongly advise that you stay within easy reach of a toilet once you start taking the preparation medicine. If you need to, please use a barrier cream such as Zinc and castor oil, or sudacrem on your bottom to prevent soreness.
- If you do not drink enough fluids, you may get dehydrated, feel dizzy, faint or get a headache.
- Some stomach cramping is normal.

If you vomit up the preparation medicine at any time, or you have any other concerns regarding side effects please contact us directly during our hours of opening:

- Royal Lancaster Infirmary (8am-7pm)      **tel:** 01524 583724
- Westmorland General Hospital (8am-7pm)      **tel:** 01539 715175
- Furness General Hospital (8am-7pm)      **tel:** 01229 402960
- If outside these hours, please call 111.

### Leaflet Details

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**Other formats**

If you would like to receive this information in an alternative format, then please contact: 01539 715577.

**Travelling to our hospitals**

For the best way to plan your journey visit our website: <http://www.UHMB.nhs.uk/> or contact Patient Advice and Liaison Service (PALS): 01539 716621.

**Useful Contact Details**

NHS 111 (for 24 hour urgent health advice): telephone 111

**Your Information**

If you would like to know how we use, share, disclose and secure your information and your rights of access to the information we hold about you, visit the Trust's website: <http://www.UHMB.nhs.uk/> or contact Patient Advice and Liaison Service (PALS) on 01539 716621.

**Evidence**

Details of the evidence used in writing this leaflet are available on request from: Patient Information Officer at [patientinformation.officer@mbht.nhs.uk](mailto:patientinformation.officer@mbht.nhs.uk).

**Feedback**

We appreciate and encourage feedback. If you need advice or are concerned about any aspect of care or treatment, please speak to a member of staff or contact PALS on 01539 716621.

UHMBT is a no smoking Trust. Smoking is not permitted on any of the hospital sites. You can contact the NHS North Lancashire Stop Smoking services on the number below:

NHS Quit Squad - **0800 328 6297**

If you live in Cumbria, please call **0300 013 3000** to find a local pharmacy who are offers 1-2-1 support and nicotine replacement therapy.

*University Hospitals of Morecambe Bay Trust: a great place to be cared for; a great place to work.*