

Endoscopy Unit
Frimley Park Hospital

Preparing for a Colonoscopy: Instructions for taking Oral Bowel Preparation

You will receive either **Picolax** or **Klean-prep**.



PICOLAX is a concentrated preparation: 2 sachets are supplied in a packet.

OR

KLEAN-PREP is a dilute preparation. 4 sachets are supplied in a packet.



Information for patients, relatives and carers.

Although the product leaflet may advise otherwise, please ensure to finish the dose of prescribed bowel preparation so that your bowel is for the colonoscopy.

You will need to alter your diet and take specific preparations for a few days before the procedure. These changes are explained in this leaflet.

You must avoid any seeds, or bread containing seeds, for at least 48 hours before the procedure.

PREPARATION: Seven days before your Colonoscopy:

- Stop taking any medicines that contain iron.

Three days before your Colonoscopy:

- Stop taking any medicines that contain codeine phosphate.
- Stop taking Loperamide/Lomotil or any other antidiarrhoeal medication.

Two days before your Colonoscopy:

- Drink plenty of fluids.
- Do not eat foods containing fibre such as pulses, lentils, brown rice, brown pasta, brown/wholemeal bread, high fibre breakfast cereals, fruits, vegetables, milk yoghurt, and milkshakes.
- Recommended diet would be lean beef/lamb/pork, fish, poultry, eggs, white rice/pasta/bread, rich tea or other plain biscuits, butter/margarine, cheese, baked/boiled/mashed potatoes without skins, soya and tofu.

One day before your Colonoscopy:

You will need to start taking your bowel preparation the day before your procedure. Once you have started your prep, you must not take any solid food and must only drink clear fluids. The preparation usually starts to work soon after starting, so you should be within easy reach of a toilet.

- Drink plenty of fluids: aim for two litres (about eight to ten glasses) per day. This can include clear soups (Bovril, stock cubes), lemonade, black tea, black coffee, fruit tea and clear fruit juices. Examples of clear fruit juices include white grape and apple. Do not drink red juices, juices with bits, hot chocolate, Horlicks, cordial or tea/coffee with milk.
- You may flavour your prep with fruit squash/cordial to taste. You may wish to drink the prep through a straw. At the end of the prep you should be passing yellowish watery diarrhoea.

RECOMMENDED TIMINGS for Bowel Preparation:

Morning appointment	Afternoon appointment
<p>The day before the procedure, start prep between 7.00-8.00am</p>	<p>The day before the procedure, start prep after early lunch, as early as possible.</p>
<p>PICOLAX: 1 sachet in 250mls water, followed by 2 litres clear fluids. Try to drink between 250-500mls fluid per hour over 4 hrs.</p> <p>KLEAN-PREP: 2 sachets in 2 litres water. Try to drink between 250-500mls of prep per hour over 4 hrs.</p>	<p>PICOLAX: 1 sachet in 250mls water, followed by 2 litres clear fluids. Try to drink between 250-500mls fluid per hour over 4 hrs.</p> <p>KLEAN-PREP: 2 sachets in 2 litres water. Try to drink between 250-500mls of prep per hour over 4 hrs.</p>
<p>On the afternoon before the procedure, repeat the prep at 4.00pm</p>	<p>On the morning of the procedure, repeat the prep from 8.00am.</p>
<p>PICOLAX: 2nd sachet in 250mls water, followed by 2 litres clear fluids. Try to drink between 250-500mls fluid per hour over 4 hrs.</p> <p>KLEAN-PREP: 3rd and 4th sachets in 2 litres water. Try to drink between 250-500mls of prep per hour over 4 hrs.</p>	<p>PICOLAX: 2nd sachet in 250mls water, followed by 2 litres clear fluids. Try to drink between 250-500mls fluid per hour over 4 hrs.</p> <p>KLEAN-PREP: 3rd and 4th 2 sachets in 2 litres water. Try to drink between 250-500mls of prep per hour over 4 hrs.</p>
<p>If you are also having a gastroscopy (OGD) you must stop drinking 3 hours before your appointment. If you are only having a colonoscopy, you can continue to drink clear fluid until you go into the procedure room.</p>	

If you have any questions or concerns, please contact us on 01276 526045 between 8:00am and 1.00 pm, Monday – Friday.

For a translation of this leaflet or for accessing this information in another format:

Large Print



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Please remember that this leaflet is intended as general information only. We aim to make the information as up to date and accurate as possible. Please therefore always check specific advice or any concerns you may have with your doctor.

