

## Patient information

# Extended Bowel Preparation – Morning Appointment

### Digestive Diseases Care Group

Your clinician would like you to have extended bowel preparation over four days for your colonoscopy test. The instructions are given below and should be followed carefully.

#### What are the benefits of Bowel Preparation?

Bowel preparation will clear your bowel of all waste material. This will allow the endoscopist to view your bowel properly during your procedure

#### Are there any risks/side effects?

- The medication will clear out of the bowel resulting in diarrhoea within approximately one to two hours of the first dose. It is advised that you stay within easy reach of a toilet once you start to take the medication.
- Some patients experience nausea, vomiting, or abdominal pain. This can be associated with dizziness. If any of these symptoms occur please lie down until they pass.
- You might like to use a barrier cream to prevent a sore bottom. A product such as petroleum jelly can also be effective
- Some stomach cramping is normal
- If you vomit up the bowel preparation at any time or have any other concerns regarding side effects please contact us directly – see below for contact details
- **Female Patients**  
**If you are taking an oral contraceptive pill, diarrhoea can make it less effective. Continue taking the pill but use other precautions for the rest of that cycle.**

#### Are there any alternatives to this procedure?

This procedure has been considered the best test to investigate your symptoms. If you are unsure about having this procedure please discuss alternative tests with clinician who referred you.

You can eat foods from the low residue diet list from day one (four days before the test) but you must eat no solid food for a day and a half before the test.

**An example of a low residue diet is shown further on in this leaflet.**

**Day one** Date: ... (low residue diet).

**Day two** Date:.... (low residue diet).

**Day three** Date:.... (low residue diet up to 1pm).

No further solid food should be taken after 1pm on day 3 but you should continue to drink clear fluids.

**An example of clear fluid drinks is shown further on in this leaflet**

**When do I take my first sachet of PicoLax?**

**Day three** Date: ..... at 4pm

Over the next four hours drink at least two pints of fluid from the clear fluid drinks list.

**When do I take my second sachet of PicoLax?**

**Day four** Date: ..... at 8am

You should continue to drink fluids from the clear fluid drinks list.

Instructions on how to mix and take PicoLax are attached.

**Important:** The medication will clear out your bowel resulting in diarrhoea within approximately one to three hours of the first dose. It is advised that you stay close to a toilet.

It is not advised to drink alcohol with PicoLax.

**When do I take my Klean-Prep?**

**Day four** date: .....

Sachet	Time
First sachet	at 12 noon
Second sachet	at 2pm
Third sachet	at 6pm
Fourth sachet	at 8pm

Instructions on how to mix and take Klean-Prep are attached.

**Important:** The medication will clear out of the bowel resulting in diarrhoea within approximately one to two hours of the first dose. It is advised that you stay close to a toilet.

It is not advised to drink alcohol with Klean-Prep.

**Day five** Colonoscopy Date: .....

## What do I do on the day of the Colonoscopy?

**Remember you are not allowed to eat anything until after your test.**

- You may continue to take all your other usual medications as normal. **Do not take your medication one hour either side of drinking your dose of Klean-Prep.**
- Do not take tablets for diabetes on the day of your colonoscopy but **bring your medication with you.**
- If you take **insulin**, please take this as instructed by your diabetes nurse.
- **If you normally monitor your blood sugar then please check it every two hours.**

If you feel dizzy, sweaty or irritable (hypo) take;

Two to three teaspoons of sugar **or** six glucose tablets **or** one glass of Lucozade.

You should feel better almost immediately, if not repeat the above treatment. If symptoms persist contact your doctor.

- If you take **blood thinning tablets** please take these as advised by the anticoagulation team who will contact you before your procedure.
- If you take antiplatelet therapy e.g. Clopidogrel, Prasugrel, etc. you will be advised if/ when to stop this by the gastroenterology staff.

**You should continue to drink clear fluids up until two hours before your appointment time.**

Attend the Gastroenterology department at your appointment time.

### How to make up the Picolax sachets

Empty the first sachet of Picolax into a glass and mix it with four dessert spoonsful of water. The solution may become hot. Wait five minutes until the reaction is complete then fill the glass with cold water making it up to about quarter pint of liquid, then drink the solution.

### How to make up Klean-Prep sachets.

**Please follow the instructions below:-**

- Empty the contents of one sachet of Klean-Prep into a jug or bowl containing one litre of water. Stir until the powder has completely dissolved. It has a pleasant vanilla flavour, but you may like to add orange or lemon squash and chill it in the fridge.
- Drink one glassful of the liquid every 10-15 minutes until the jug is empty.
- Repeat for the all sachets of Klean-Prep as stated at the times.
- It is important to drink all the solution from all four sachets.
- If you feel discomfort from drinking a glassful every 15 minutes, have a few minutes break, walk around. Start again when you feel better or drink at a slower pace, a glassful every 20 minutes.
- You should continue to drink fluids from the clear fluid drinks list.

### Low residue food list and example menu

## Which foods can I eat? (Low residue foods)

- White meat, skinless chicken, grilled/boiled/poached or steamed white fish.
- Potato without skin boiled/mashed/chips.
- Eggs, cheese, tofu.
- White - bread, croissants, pasta, rice, cous cous, pastry (white flour)
- Cornflakes, Rice Krispies, Frosted Flakes
- Milk, smooth yoghurts
- Crisps
- Butter/margarine.
- Seedless/Shredless marmalade or jam.
- Marmite, honey, rich tea biscuits, chocolate, yoghurt.
- Plain ice-cream, custard, clear jelly (**no** red or blackcurrant jelly), boiled sweets.
- Sponge cakes without fruit or nuts, rice pudding/semolina
- **Do not eat red meat, fruit, vegetables, nuts or pulses, brown bread or bran.**

## Which foods should I avoid?

- Wholemeal or granary bread, Wholemeal flour, Wholemeal pasta, Brown rice, Pearl barley, Quinoa.
- All whole-wheat cereals e.g Branflakes, Weetabix, Shreddies etc.
- Porridge and Museli- (all containing dried fruit and nuts).
- Yogurts or cheese containing fruit or nut pieces.
- Red meat or fish that is tough or gristly, Skin and bones of fish and chicken, Pies, Egg dishes containing vegetables.
- Vegetables, Salad, Baked beans, Split peas, Lentils, Peas, Sweet corn, Celery, All seeds, Tough skins, Potato skins.
- All fruit including dried fruit, citrus fruit and berries, prunes, smoothies, fruit juices with bits.
- Avoid all nuts including coconut and almond.
- Puddings, cakes and biscuits made with wholemeal flour, dried fruits or nuts.
- Chocolate or toffee with dried fruits or nuts, Popcorn, Marzipan, Digestive biscuits.
- Marmalade with peel or jam with seeds.
- Lentil and vegetable soups, Pickles and chutneys, Horseradish, Relish.

## What can I drink?

- Water, mineral/fizzy, fizzy drinks (including Lucozade), fruit squash (**not blackcurrant**), chicken stock cubes, clear soup, tea/coffee (to be taken black the day before procedure).
- Sweetener may be added to food/drinks.

## Example menu

- Breakfast; One Boiled or poached egg.  
One to two slices of white bread, butter or margarine **or** honey.  
Tea or Coffee (Small amount of milk optional).
- Midday; Steamed or grilled white fish or chicken.  
One medium boiled potato (no skin) or two tablespoons of boiled white rice.  
Small plain vanilla ice-cream and plain jelly.
- Evening; As Midday, or other foods from the low residue foods list.

## It is important to drink plenty of fluids in-between meal times

### Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

## For further information:

### Contact the Gastroenterology Unit. Opening times as shown:

<b>Monday – Thursday</b>	<b>0800 – 2100 hrs</b>
<b>Friday</b>	<b>0800 – 1700 hrs</b>
<b>Saturday/Sunday/BH</b>	<b>0800 – 1600 hrs</b>
<b>Telephone</b>	<b>0151 706 2819 /2726 /2656</b>
<b>Text phone number</b>	<b>18001 0151 706 2819 / 2726 /2656</b>

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