

## PICOLAX BOWEL PREPARATION INSTRUCTIONS

### MORNING PROCEDURE

Please read the instructions carefully

### TWO DAYS BEFORE COLONOSCOPY – Commence Low Residue Diet

The low residue diet is aimed at reducing both the dietary fibre and the intestinal residue to a minimum. This diet is often used before and after bowel surgery and for patients with gastrointestinal disturbances or gastroenteritis.

**DO NOT EAT ANYTHING WITH SKIN, SEEDS, NUTS OR GRAINS**

#### Foods to choose from:

<p><b style="color: #00A69A;">ALLOWED:</b></p> <p>White bread (no seeds) Pita/turkish bread, english muffins White rice, pasta, noodles Cornflakes®, Rice Bubbles® Lean meat - beef, pork, lamb, veal or chicken, fish, Peeled fruit Peeled vegetables (no beetroot) Roasted peeled potato, mash potato, hot chips, crackers – arrowroot or jatz. Eggs: scrambled, poached or boiled Butter/margarine Vegemite®, Promite®, Marmite® Cheese: white Fetta, Ricotta, Cottage Custard, ice-cream, Jelly, Yoghurt, low fat vanilla (no bits/fruit pieces) Boiled lollies, Barley sugar Salt, pepper, gravy</p>	<p><b style="color: #D9534F;">AVOID:</b></p> <p>Corn, peas, strawberries, jams, Wholegrain bread, cereals, brown rice, Onion, Muesli, muesli bars, any nuts or food containing nuts Skin on apple, pear, peach or nectarine (peeled fruit can be eaten), Marmalades with skins, citrus fruit, grapes, Tomato skin or seeds, sundried tomato, skin on capsicum, eggplant or potato (peeled vegetables can be eaten) Legumes, lentils, barley, baked beans or kidney beans Mustard, sultanas and raisins, Casseroles containing vegetables, split peas, coconut, sesame, sunflower or poppy seeds, Fruit yoghurt, Fibre supplement.</p>
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The aim of the preparation is to clean the large bowel thoroughly. You will probably find that diarrhoea will begin 1-2 hours after the commencement of the laxative solutions. You should therefore stay near a toilet for the next few hours.

At the completion of the preparation, liquid bowel actions may be light brown, green or yellow in colour with a small amount of debris - this is satisfactory. If you have any problems or are unable to tolerate the regime, or the bowel preparation appears unsatisfactory, please contact the practice nurse and they will be able to advise you further.

**CLEAR FLUID LIST:**

- Water
- Black tea or coffee (NO milk or non-dairy creamer)
- Clear soup/broth
- Soft drinks, sports drinks e.g. Gatorade®, Powerade®, cordial, Strained fruit juice without pulp, clear apple juice,
- Jelly - yellow or orange
- Clear ice blocks
- Barley sugar
- Clear ice
- (NO blackcurrant, red, purple, green or blue drinks or jelly)**

## THE DAY BEFORE YOUR PROCEDURE

You may have a light breakfast, from then on solid foods, milk or milk products are not allowed.

**THIS MUST BE COMPLETED BY 8:00 AM.**

**CLEAR FLUIDS ONLY FROM 8:00 AM** (From the list above)

**AT 5.00 PM**

Add the contents of one sachet of **Picolax** to 250mls of water. Stir until fizzing stops, then drink. This should be followed by at least 1.25 Litres of approved clear fluids.

**AT 8.00 PM**

Add the contents of the second sachet of **Picolax** to 250mls of water. Stir until fizzing stops, then drink. This should be followed by at least 1.25 Litres of approved clear fluids.

## THE DAY OF YOUR PROCEDURE

**Continue drinking approved clear fluids until your fasting time . . . . .**