Royal Cornwall Hospitals
NHS Trust

Sodium Picosulphate bowel preparation (Picolax)

To prepare for your examination, your doctor has prescribed Picolax to empty your bowel. It is important that your bowel is completely empty so that your doctor can see clearly.

Why is this important?

It is essential that you follow these instructions to:

- improve the chances of diagnosis being made
- reduce the risks of the procedure.

Please note – we cannot carry out the procedure if you haven't taken your bowel preparation.

> Please follow these instructions when taking your bowel preparation (and **not** the instructions on the drug information sheet).

Picolax is a very strong laxative that will clear your bowel and you should plan to stay at home for the day near a toilet – diarrhoea is to be expected. Regular medications should be taken at least 2 hours before or more than 6 hours after administration of Picolax as it can effect absorption of medicines.

To make up the solution dissolve one sachet of Picolax in one cup of cold water and stir for 2-3 minutes. If the solution becomes hot wait until it cools sufficiently before drinking.

If you are having a morning colonoscopy, **the day before** your appointment:

- stop eating all food from 6am

Continued overleaf...

- take the first sachet of Picolax at 8am
- take the second sachet of Picolax at 4pm.

If you are having an afternoon colonoscopy, **the day before** your appointment:

- stop eating all food from 2pm
- take the first sachet of Picolax at 4pm

The morning of your appointment:

- take the second sachet of Picolax at 8am.

After each dose of Picolax please drink a minimum of 2 pints of clear fluid over a number of hours. Continue to drink clear fluids for up to 2 hours before your appointment. Do not eat any food until after your procedure.

What are clear fluids?

- Water
- Clear soup (such as consomme)
- Fruit juices – clear
- Black tea or coffee
- Oxo or Bovril.

Do **not** drink any fluids that contain milk or cream.

If you would like this leaflet in large print, braille, audio version or in another language, please contact the General Office on 01872 252690

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