

Colonoscopy with gastroscopy bowel preparation instructions for Senna tablets and two packets of Citramag or Picolax

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

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 to the procedure.

If you have questions about bowel preparation or your regular medications, please contact the pre-assessment nurses on 020 8869 2044.

Bowel preparation

10 Senna tablets and two packets of Citramag or Picolax are enclosed. They come with instructions inside the packaging, **but you must follow our instructions below. Our instructions have been designed by our consultants to provide the best results so that we can carry out your colonoscopy successfully.**

Seven days before your colonoscopy

- Stop taking iron tablets until after the procedure.
- Stop taking Clopidogrel – please check with your GP/Cardiologist or anticoagulant clinic that you are able to stop this drug without taking anything to replace it.

Five Days before your colonoscopy

- Stop taking anticoagulants such as Warfarin - please check with your GP, Cardiologist or anticoagulant clinic that you are able to stop these drugs without taking anything to replace it.
- Stop taking any constipation medicines i.e. Lomotil, codeine phosphate etc.
- **Continue taking all other medication** as prescribed and any laxatives until after your appointment. If you are a diabetic on insulin or diabetic tablets, please contact our reception for a diabetic information sheet on 020 8235 4133/4134.

Two days before your colonoscopy

Food and drink;

- Try to drink two litres of clear fluids (eight - ten glasses) per day until the day of the procedure. Examples of clear fluids are black tea, coffee, fruit squash, water, clear soups (without bits in)
- Eat only food from the following list:
Boiled or steamed white fish, chicken (no skins), egg, 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:** High fibre foods such as red meat, pink fish, raw fruit or other vegetables, skins/ pips, cereals, salad, mushrooms, nuts/ seeds/, sweetcorn, wholemeal bread etc.

One day before your colonoscopy

Have a good breakfast and light lunch of foods taken from the permitted list above until 12noon.

From 12noon do not eat any solid food until after your examination but drink plenty of clear fluids

If you are having a AM procedure (up to 11am) please follow below:

- **At 2pm** take the 10 senna tablets and drink plenty of water.
- **At 5pm** dissolve the contents of **one** packet of Picolax or Citramag in 200mls (eight fluid ozs) **of hot water in a large wide mouthed measuring jug**, as the mixture may fizz over when the powder is added. Allow to cool for at least half an hour before pouring into a suitable glass and drink.
- **At 7pm** dissolve the second packet of Picolax or Citramag in 200mls (eight fluid ozs) **of hot water in a large wide mouthed measuring jug**, as the mixture may fizz over when the powder is added. Allow to cool for at least half an hour before pouring into a suitable glass and drink.
- During the rest of the evening, drink at least one and a half litres of water.

If you are having a PM procedure (13:00 onwards) please follow below:

- **At 2pm** take the 10 senna tablets and drink plenty of water.
- **At 5pm** dissolve the contents of **one** packet of Picolax or Citramag in 200mls (eight fluid ozs) **of hot water in a large wide mouthed measuring jug**, as the mixture may fizz over when the powder is added. Allow to cool for at least half an hour before pouring into a suitable glass and drink.
- **At 7pm** dissolve **half** the second packet of Picolax or Citramag in 100mls (four fluid ozs) **of hot water in a large wide mouthed measuring jug**, as the mixture may fizz over when the powder is added. Allow to cool for at least half an hour before pouring into a suitable glass and drink.

- During the rest of the evening, drink at least one and a half litres of water.
On the day of your colonoscopy
- At **6am** dissolve the last **half** contents of packet of Picolax or Citramag in 100mls (four fluid ozs) **of hot water in a large wide mouthed measuring jug**, as the mixture may fizz over when the powder is added. Allow to cool for at least half an hour before pouring into a suitable glass and drink.

If you are having a EVENING procedure (16:30 onwards) please follow below:

- **Between 18:00 & 20:00** take the 10 senna tablets and drink plenty of water.

On the day of your colonoscopy

- **At 6am** dissolve the contents of **one** packet of Picolax or Citramag in 200mls (eight fluid ozs) **of hot water in a large wide mouthed measuring jug**, as the mixture may fizz over when the powder is added. Allow to cool for at least half an hour before pouring into a suitable glass and drink.
- **At 8am** dissolve the second packet of Picolax or Citramag in 200mls (eight fluid ozs) **of hot water in a large wide mouthed measuring jug**, as the mixture may fizz over when the powder is added. Allow to cool for at least half an hour before pouring into a suitable glass and drink.

On the day of your colonoscopy

You may drink clear fluids, but as you are also booked to have a gastroscopy at the same time so **please stop all fluids two hours before your appointment time.**

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 on your bottom to prevent soreness.
- Remember to drink plenty of clear fluids. 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, at any stage you vomit the preparation mixtures, or you have any other concerns regarding side effects please contact us directly during office hours (8am – 5pm) - Endoscopy recovery 020 8235 4141 or 020 8235 4142. Outside of office hours call the switchboard on 020 8235 4000 and ask to speak to the RMO on call for St. Mark's.

General Trust Information

Patient Advice and Liaison Service (PALS)

PALS is a confidential service for people who would like information, help or advice about the services provided by any of our hospitals. Please call 0800 783 4372 between 10am and 4pm or e-mail Nwlh-tr.PALS@nhs.net. Please note that this service does not provide clinical advice so please contact the relevant department directly to discuss any concerns or queries about your upcoming test, examination or operation.

For a translation of this leaflet or for an English version in large print, audio or Braille please ask a member of staff or call 0800 783 4372.