Information for patients

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

Introduction
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 the procedure.

If you have questions about bowel preparation or your regular medications, please contact one of our Screening Practitioners on **020 8869 3543 or 020 8869 3362**.

Anticoagulants and antiplatelets
If you are taking anticoagulants or blood thinning drugs such as clopidogrel (Plavix), warfarin, rivaroxaban, dabigatran or apixaban your Specialist Screening Practitioner should have discussed the management of these drugs prior to your colonoscopy.

Diabetics
If you are a diabetic on insulin, or taking diabetic tablets, your Specialist Screening Practitioner should have discussed the management of this prior to your colonoscopy and provided you with additional information.

If you are not diabetic but on SGLT2 inhibitors (dapagliflozin, empagliflozin, canagliflozin, ertugliflozin) please stop taking the medication 2 days before your colonoscopy.

If you are on GLP1 or GIP for weight management (Trulicity, Ozempic, Wegovy, Mounjaro, Victoza) please continue having your regular injections.

Bowel preparation
Ten Senna tablets and two packets of Citramag or Picolax are enclosed. This comes with instructions inside the packaging, **however, please follow our instructions below** which have been designed by our consultants in order to provide the best results for us to carry out your colonoscopy successfully.

Seven days before your colonoscopy
Stop taking iron tablets, or any supplements which has iron* as the active ingredient until after the procedure (*these will have iron, ferrous, ferric or feredetate in the name of the medicine).

Five days before your colonoscopy
Stop taking any constipating medicines like Lomotil, codeine phosphate, cholestyramine, Colesavelam or Colestipol.

Continue taking all other medication (excluding anti-coagulants and antiplatelets) as instructed by the Specialist Screening Practitioner.

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 acceptable clear fluids are tea or coffee (with a small amount of milk only), diluted fruit squash, water, clear soups (without bits) Bovril, Oxo, fizzy drinks such as Lucozade/ lemonade, hot honey and lemon.

You may eat normal meals but **Avoid High Fibre Foods** such as fruit, vegetables, wholemeal bread etc (see table below)

Example of allowed foods	
Cereals	Cornflakes, Rice Krispies, Ricicles, Frosties, Sugar Puffs, Coco Puffs – **all dry with no milk**
Bread	White bread, plain or white flour for chapati, nan, paratha
White Rice or Pasta	Macaroni, spaghetti, noodles and white rice
Meat and Fish	Chicken, turkey, white fish (no skins), tofu, shellfish
Dairy	Cheese, plain or natural yoghurt, eggs (boiled, poached, scrambled)
Fruit and Vegetables	Potato, sweet potato, pumpkin, squash **(no skin),** cauliflower, asparagus tips only. Ripe cantaloupe, honeydew, ripe and peeled apricots, peaches
Puddings, Pastries and Cakes	Sponge cakes, madeira cakes, rich tea biscuits, jelly (not red), sugar, honey, lemon curd
Soups	Clear or sieved soups like broth, bouillon or consommé (not pureed)
Miscellaneous	Salt, vinegar, salad cream, boiled, sweets, mints, jelly babies

Example of foods to avoid	
Cereals	Muesli, all wheat-based cereals like wheat bran, all bran, Weetabix, shredded wheat and porridge.
Bread	Wholemeal, high fibre, oat bread, soft gain or granary bread
Rice or Pasta	Whole meal pastas, brown rice, quinoa
Flour	Whole meal or granary flour, wheat germ
Meat and Fish	All red meat, salami, cold cuts, sausages, burgers, pink fish
Dairy	Milk (whole, skimmed, soya, almond or oats)
Fruit and Vegetables	All other fruits and vegetables
Puddings, Pastries and Cakes	Those containing whole meal flour, oatmeal, nuts, dried fruits, fruit cake, Ryvita, digestive or Hobnob biscuits
Soups	Chunky vegetable, lentil, dal or bean soup
Miscellaneous	Seeds and nuts, Quorn, pepper, hummus

One day before your colonoscopy

Have a good breakfast and light lunch of foods taken from the permitted list above until midday (12:00pm).

After midday (12:00pm) DO NOT eat any solid food until after your examination but drink plenty of acceptable clear fluids. Clear jelly (not red coloured) and boiled sweets or mints are allowed if you are hungry.

Starting Bowel Preparation

- **At 2:00pm the day before your colonoscopy,** commence the bowel preparation by **taking 2 Senna tablets every 10 minutes** ensuring that you complete the 10 tablets within an hour and drink plenty of water.
- **At 5:00pm** dissolve the contents of **1 sachet** of Citramag or Picolax in 200mls (8 fluid ozs) **of hot water in a large wide mouthed measuring jug**, as the mixture may fizz over when water is added. Allow to cool for at least a half hour before pouring into a suitable glass and take this solution until the jug is empty.
- During the day you must drink at least one and a half litres of clear fluid.
- **At 7:00pm** dissolve **half of the second sachet** of Citramag or Picolax in 100mls (4 fluid ozs) of hot water and take this solution until the jug is empty.
- Drink at least one and a half litres of water or clear fluids during the rest of the evening.

On the day of your colonoscopy

- **At 6:00am** if you have a morning appointment or
- **At 9:00am** if you have an afternoon appointment **dissolve the other half** of Citramag or Picolax and take this solution as instructed above.
- **Continue to drink clear fluids up until your procedure.**
- Please ensure you take your medication or tablets as instructed by the Screening Practitioner and also to bring it with you on the day of the test.
- Avoid taking any tablets within one hour of your bowel preparation. This means please take tablets one hour before or after drinking your bowel preparation. If you are unsure please contact the screening centre for clarification.

Are there any side effects?

- Please expect to have frequent bowel actions and eventually diarrhoea starting within 2 to 4 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 Sudocream and Vaseline on your bottom to prevent soreness.
- 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, or you have any other concerns regarding side effects please contact us directly during office hours (8:00am to 6:00pm) on **020 8869 3543**.

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 020 8869 5118 between 09:30am and 4:30pm or e-mail LNWH-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.