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## **BOWEL PREPARATION FOR COLONOSCOPY**

A prescription for Senna Syrup/Senna Tablets and two sachets of Picolax or Citramag is enclosed and you should obtain these from a chemist as soon as possible. Please follow these instructions carefully to ensure a good result, which is essential for a proper examination. The intention is to clear the bowel of any residue or faecal matter so that a good view can be obtained of the bowel itself.

### **FOUR DAYS BEFORE COLONOSCOPY**

Stop taking any iron tablets or constipating agents which may be prescribed, but continue with all other medication and any laxatives until your appointment.

### **TWO DAYS BEFORE COLONOSCOPY**

Eat only foods from the following list:-

fish, meat, eggs cheese, white bread, butter or margarine, plain yogurt, honey (not jam or marmalade), rich tea biscuits, potato (not skin).

Have plenty to drink, but only drink milk in small quantities.

Do not eat fruit, vegetables or cereals, or pulses in any form.

### **ONE DAY BEFORE COLONOSCOPY**

Have a good breakfast of foods taken from yesterday's permitted list. After this, throughout the day drink as much clear fluid as possible (tea, coffee, fruit squash, alcoholic drinks, Bovril, carbonated drinks, water). You may have small amounts of milk in tea or coffee. After breakfast, **for the rest of the day you may only eat:** clear jelly and vanilla ice cream, as well as clear soup and eggs... you can have this as often as you wish – up to midnight.

### **BOWEL PREPARATION**

At 10.00am take 50mls of Senna Syrup (or the tablets) in one dose washed down by drinking some water.

At 2.00pm dissolve the contents of one sachet of Picolax or Citramag in one litre of water and drink **HALF** of it over 10-20 minutes. At 4.00pm if you are feeling well ( i.e. not faint, cold or clammy), drink the remainder of the mixture. At 6.00pm mix the contents of the second sachet of Picolax or Citramag in one litre of water and drink it.

### **DURING THE EVENING TRY & DRINK AT LEAST 1½ LITRES OF CLEAR FLUID**

You should expect frequent bowel actions and eventually diarrhoea some time during the later afternoon and early evening. Some intestinal cramping is normal. Please use some barrier cream (e.g. zinc and castor oil) on your bottom to prevent soreness.

### **DAY OF COLONOSCOPY**

You should have nothing to eat on the day you are due to be admitted but may continue with drinks (which may contain sugar, but not milk) until one hour before you are due at the hospital. If there are any problems please notify the nursing staff of the hospital to which you are to be admitted.

**PLEASE DO NOT DRIVE OR OPERATE ANY MACHINERY FOR 24 HOURS FOLLOWING THIS PROCEDURE**