

Taking Picolax before my CT Colonoscopy scan

Information for patients



Please phone the CT Department before your appointment if you have:

- tablet-controlled or insulin-dependent diabetes
- sickle cell anaemia
- had a biopsy of your large bowel in the last two weeks
- had a prostate biopsy in the last two weeks
- had a bad reaction to x-ray dye (contrast medium) in the past.

The CT Department number is on your appointment letter.

The phone line is open 9am to 4.45pm, Monday to Friday.

East Kent Hospitals University **NHS**
NHS Foundation Trust

Kent & Canterbury Hospital
Ethelbert Road
Canterbury
CT1 3NG

Consultant's Secretary Tel: **12345 678910**

Dear Lina

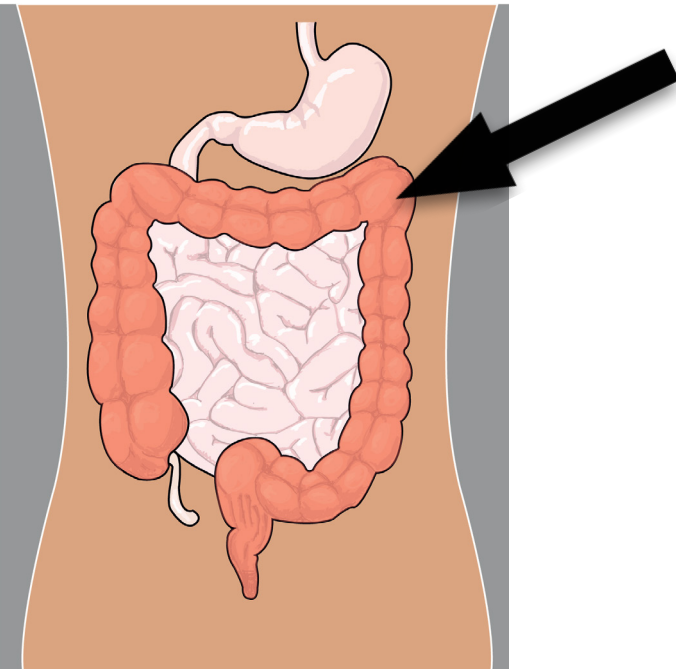
Kind regards

Consultant's Secretary

Easy Read



You must read this leaflet before you start taking Picolax.



You must have a clean empty bowel before your appointment.

Your bowel is inside your body.

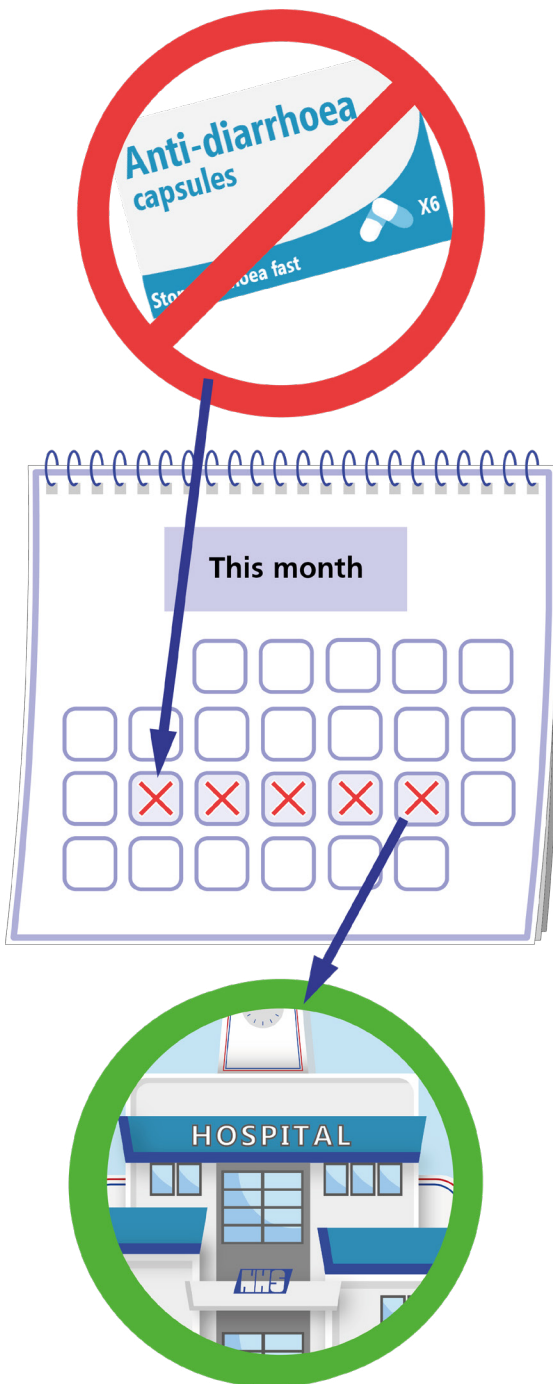
It connects your stomach to your bottom.

The bowel takes waste your body does not need. This is called poo.



Keep taking your normal medicine.

This includes steroid tablets.



7 days before your appointment, stop:

- taking iron tablets.

4 days before your appointment, stop:

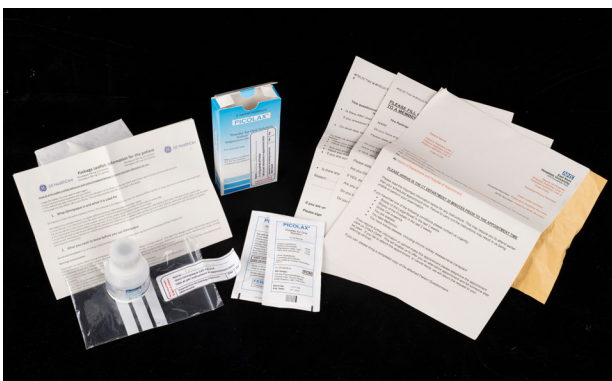
- eating bran, or
- taking anti-diarrhoea medication.

Bran can be found in lots of food, including cereals and bread.

Always check food labels.

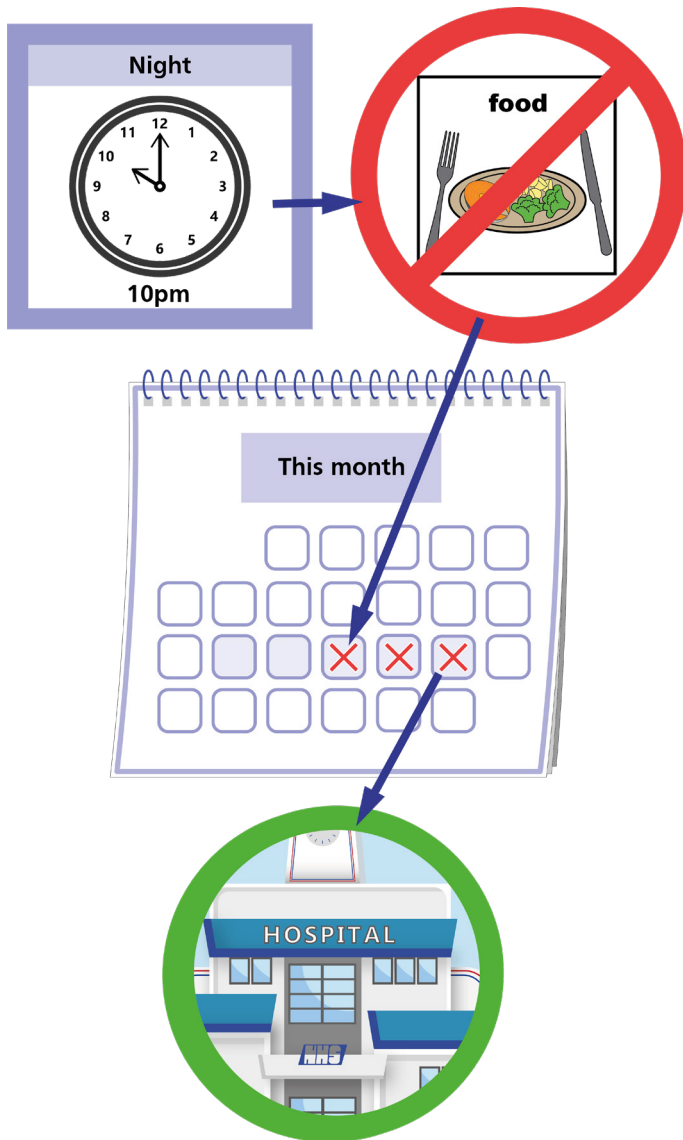
2 days before your appointment, stop:

- taking bulk-forming laxatives.



To help empty your bowel, you have been sent a laxative powder called Picolax.

This is sent with your appointment letter.



Important: eating and drinking before you take Picolax

2 days before your appointment you must stop eating most food after 10pm at night.

The only food and drink you can have after this time is:

- clear soup
- ice-cream
- jelly
- sweets or barley sugar
- tea or coffee with sugar (if used) but without milk
- water and squash.

Do not have any other food or drinks until after your appointment.

Important: drinking when you start taking Picolax

Once you start taking Picolax, you must drink 140ml (millilitres) of water every hour during the day.

Continue until you arrive at hospital for your appointment.

After



Every hour



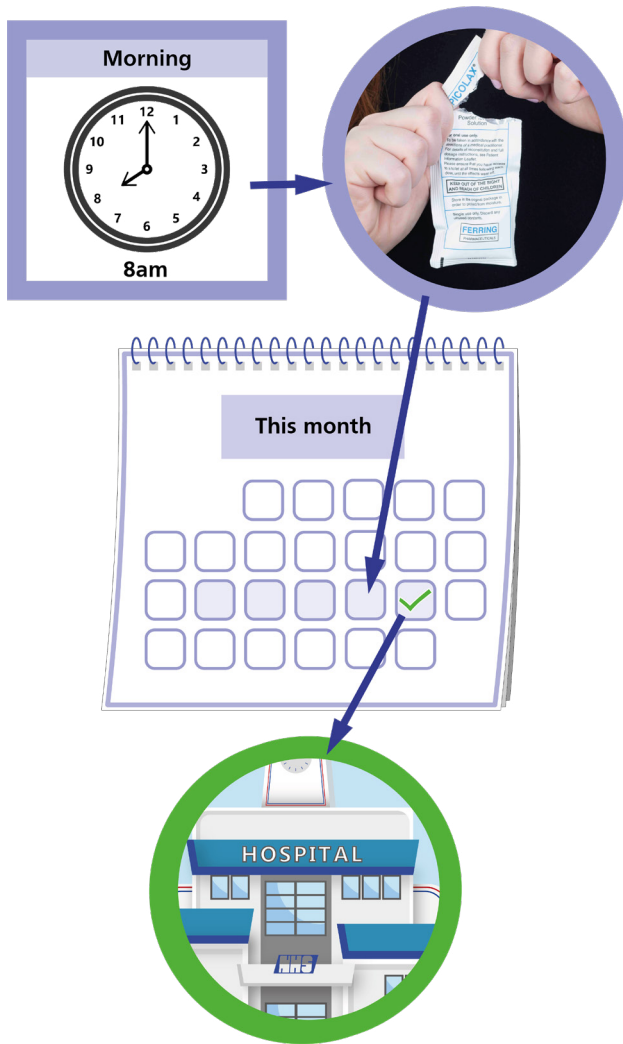
diarrhoea



Picolax will make you go to the toilet lots of times.

Your poo will be very watery.

You must stay close to a toilet all the time you are taking Picolax.



The day before your hospital appointment start taking Picolax at 8am in the morning.



Step 1

At 8am, put the powder from one envelope in a glass.



Step 2

Add four dessert spoons of cold water.



8am



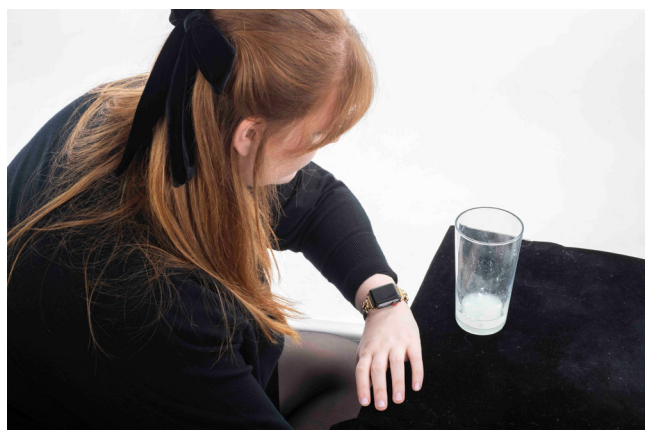
8.05 am

Step 3

The water will get very hot.

Wait 5 minutes.

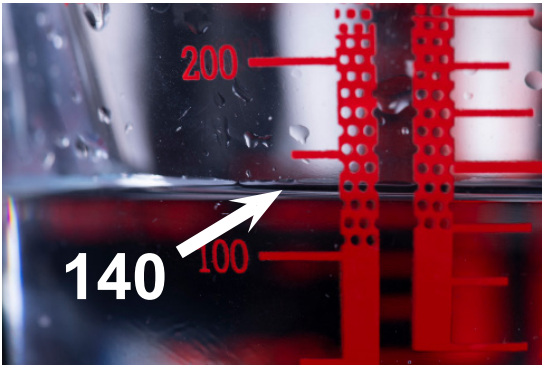
The powder will disappear (dissolve).





Step 4

Add more cold water to the glass, to make up 140ml (millilitres) of fluid.



Step 5

Drink it all.



4pm

At 4pm in the afternoon, repeat steps 1 to 5.



8pm at night



At 8pm at night, mix

- the bottle of Omnipaque with
- 300ml (millilitres) of water.



Drink it all.



If you have any questions, call the CT Department.

The CT Department number is on your appointment letter.



Our Patient Advice and Liaison Service (PALS) can help you.

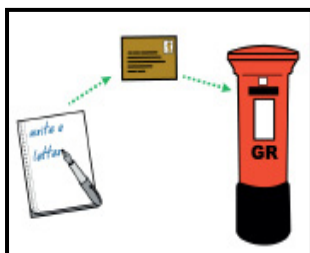
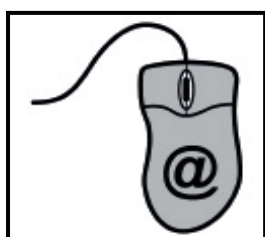
You can ask a question or tell them if you are unhappy about something.

- **Phone:** 01227 783145

The team can phone you back.

- **Email:** ekh-tr.pals@nhs.net

- **Post:** Patient Advice and Liaison Service (PALS), Trust Offices
Kent and Canterbury Hospital
Ethlebert Road, Canterbury
CT1 3NG



**Created together with people with a communication need,
the experts by experience**

