

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/ 3362**.

Anticoagulants

If you are taking anticoagulants/ 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.

Diabetic

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

Bowel preparation

10 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 ferredetate in the name of the medicine).

Five days before your colonoscopy

- Stop taking any constipating medicines i.e. Lomotil, Codeine phosphate, Cholestyramine, Colesavelam or Colestipol.
- **Continue taking all other medication** (excluding anti-coagulants) as prescribed and any laxatives until after your appointment.

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 in) Bovril, Oxo, fizzy drinks e.g. 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)

Choose	Avoid
Cereals: Cornflakes, Rice Krispies, Ricles, Frosties, Sugar Puffs, Coco Pops – (DRY)	Muesli, all wheat based cereals i.e. Wheat bran, All Bran, Weetabix, Shredded Wheat & Porridge
Bread: White Bread Plain/white flour Chapati/Nan/Paratha	Wholemeal, high fibre white, soft grain or granary bread, oat bread
Pasta/ Rice: White pasta such as macaroni, spaghetti, noodles and white rice	Wholemeal pastas, brown rice, quinoa
Flour: White Flour	Wholemeal or granary flour, wheat-germ
Meat/ Fish: chicken, turkey, white fish (no skins) , tofu, shellfish	All red meat, salami, cold cuts sausages burgers, pink fish
Dairy: cheese, eggs (boiled, poached, scrambled), plain/natural yogurt	Milk (whole, skimmed, soya, almond, oat etc.)
Fruit and vegetables: Potato/ sweet potato/ pumpkin squash – no skin . Cauliflower/asparagus – tips only. Ripe cantaloupe and honeydew. Ripe, peeled apricots and peaches	All other fruit and vegetables
Puddings/ Pastries/ Cakes etc: Jelly (not red), sponge cakes, madeira cakes, rich tea biscuits, sugar, honey, lemon curd	Those containing wholemeal flour, oatmeal, nuts, dried fruit etc, fruit cake, Ryvita, digestive or hobnob biscuits.
Soups: Clear or sieved soups (not pureed ie broth, bouillon, consommé)	Chunky vegetable, lentil, dal or bean soup
Misc: salt, vinegar, salad cream, boiled sweets, jelly babies, mints	Nuts, Quorn, pepper, hummus

- You can request an additional diet sheet from a member of the screening team in the screening centre or alternatively you can access this on our website <https://www.stmarksbowelscreen.co.uk/bowel-prep-instructions>. Please scroll to the bottom of the web page to locate your Complementary Diet Sheet for Bowel Preparation

One day before your colonoscopy

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

After 12 noon (Midday) 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 as follows:
- Take the **10** senna tablets; ensuring that you take 2 tablets every 10 minutes within an hour and drink plenty of water.
- **At 5.00 pm the day before your colonoscopy** dissolve the contents of **one** sachet of Citramag/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. During the day you must drink at least one and a half litres of fluid.
- **At 7.00pm the day before your colonoscopy** dissolve **half** of the second sachet of Citramag/Picolax in 100mls (4 fluid ozs) of hot water and take this solution.
- During the rest of the evening, you must drink at least one and a half litres of water or clear fluids.

On the day of your colonoscopy

- **At 6-7am** if you have a morning appointment or
- **At 9-10am** if you have an afternoon appointment **dissolve the other half** of Citramag/Picolax as above and take this solution as instructed above.
- **Continue to drink clear fluids up until your procedure.**
- Please ensure you take your medication/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 1- 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 (8am – 6pm) on **0208 869 3543**. Outside of office hours call the switchboard on **020 8235 4000** and ask to speak to the gastroenterologist 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 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.

If you would like this information in an easy-to-read format, large print, Braille or another language, please contact the PALS team at 020 8869 5118 or email LNWH-tr.PALS@nhs.net. We will do our best to meet your needs.