

# How to take your bowel preparation medication

## Why do I need to have this medicine?

You are due to have a procedure that requires a specialist doctor to have a look inside your colon (intestine) using an endoscope – a small, flexible camera. So that the doctor can see the lining of your intestine clearly, a special medicine is required to clear your bowel of stools (poo).

## What medicine do I have to take?

There are different types of medicine that the doctor will have prescribed for you to take home with you. These medicines may be called Senokot, Piccolax or Movicol (or you may be given a combination of these).

Senokot is available in tablet or syrup form so tell the doctor what you would prefer.

These medicines have to be taken at special times before the intended procedure. The doctor will have prescribed two doses of each medicine for you to take home.

For a couple of days before you come to hospital, make sure that you eat a low fibre diet. A few suggestions of foods that you are allowed include:

## Foods advised (small quantities)

- Lean meat, chicken, ham and fish
- Fruit flavoured or set yoghurt
- Potatoes – boiled, mashed, roast or chips (no skins)
- Well cooked cauliflower florets (no stalks), carrots, turnip or swede
- Consommé or strained soup
- Soft tinned fruit in natural juice (except those with pips)
- White bread
- White flour
- White rice and pasta
- Cream crackers
- Rich Tea biscuits
- Plain scones (no fruit)
- Honey / syrup
- Ice cream
- Herbs and spices
- Tea / coffee (sugar allowed)
- Ribena / squash
- Water
- Fizzy drinks

## Foods not advised

- Processed meats, including: hamburgers, beef burgers and sausages (including sausage rolls and pasties)
- Pies and pastries
- Milk
- Whole fruit or muesli yoghurts

- Jacket potato skins
- All vegetables not listed above
- All salads
- All fruit not listed above
- Baked beans
- Thick vegetable soup
- Wholemeal/granary bread
- Wholemeal flour
- Brown rice and whole wheat pasta
- High fibre crisp breads
- Digestive biscuits
- Cakes made with dried fruit, nuts or coconut
- All nuts and dried fruit
- Jam/marmalade with skin or pips
- Peanut butter
- All high fibre breakfast cereals e.g. porridge, bran
- Chutney and pickles
- Cheese, cottage cheese or cheese sauce
- Butter, margarine, fats and oils

### **Do I have to stop any medications in preparation for my procedure?**

If you are on any iron supplements, medicines containing codeine, or Loperamide you may be asked to stop taking these before you start taking your bowel prep medication. Your doctor will advise you about when to stop these.

### **When do I need to take my Senokot and Piccolax?**

If you have been asked to come to the hospital for 8.00am, you need to make sure that the DAY BEFORE your procedure you take the first dose of your medicine. This means you have to take a dose of Senokot and a dose of Piccolax. This medicine should be taken at approximately 2.00pm. You will need to take the second dose at approximately 10.00pm on the same day.

If you have been asked to come to the hospital for 12.00pm, you need to make sure that at approximately 6.00pm the DAY BEFORE your procedure you take a dose of each medicine. You will need to take the second dose the NEXT DAY at approximately 7.00am, on the DAY OF the procedure.

Once you have taken the first dose of your bowel prep you must not have anything else to eat until after your procedure. However it is very important that you drink plenty of clear fluids (water and squash). You can drink clear fluids until 06:30am (8.00am appointments) and 11:30am (12.00pm appointments) on the day of the procedure.

### **How will I feel when I take this medicine?**

This medicine is to clear your intestine of stools. Therefore, within a couple of hours of starting your bowel prep, you will start to go to the toilet regularly. You may find that you have stomach (tummy) cramps. This can be minimised by taking the Piccolax at a slower rate.

Sometimes the medicine makes you feel or even be sick. If this happens, you must inform Dr. Rao or his secretary, because if you do not take enough of the medicine, your intestines will not be clear enough and the procedure will not be able to go ahead.

### **How do I take my medicine?**

Piccolax comes in 10mg sachets and Senokot comes in tablet form or syrup. You may find that when you add water to the Piccolax powder, it becomes warm. Leave it to cool before taking. The pharmacist dispensing your medicine will explain to you how much of each medicine you should take.

If you are taking Movicol (Laxido), open the sachet and pour the contents into a glass. Add about 125ml or ¼ pint of water to the glass for each sachet of Movicol. Stir well until all the powder has dissolved and the Movicol solution is clear, or slightly hazy, then drink it.

If you are taking Movicol for faecal impaction it may be easier to dissolve 8 sachets in 1 litre of water.

You can find further information in the "[How to prepare macrogol laxatives](#)" information sheet, produced by Eric, the Children's Bowel and Bladder Charity.