

Bowel Preparation for Colonoscopy

Taking **PICOLAX®**: Example

Your colonoscopy appointment: _____

Date: 02/01/2024 Time: 10:00

First dose of PICOLAX®

Date: 01/01/2024 Time: 16:00

After taking the first dose of **PICOLAX®**, drink 250ml of clear liquid* of your choice per hour for 6 hours following the first dose

1 hour - 250ml taken: _____

2 hours - 250ml taken: _____

3 hours - 250ml taken: _____

4 hours - 250ml taken: _____

5 hours - 250ml taken: _____

6 hours - 250ml taken: _____

Minimum total volume taken 6 hours past 1st dose is **1,500ml**

Second dose of PICOLAX®

Date: 01/01/2024 Time: 19:00

After taking the second dose of **PICOLAX®**, drink 250ml of clear liquid* of your choice per hour for 6 hours following the second dose

1 hour - 250ml taken: _____

2 hours - 250ml taken: _____

3 hours - 250ml taken: _____

4 hours - 250ml taken: _____

5 hours - 250ml taken: _____

6 hours - 250ml taken: _____

Minimum total volume taken 6 hours past 2nd dose is **1,500ml**

Minimum total volume taken over the dosing period should be at least 3000ml of clear liquid*


Don't drink any liquid from **3 hours before (time) procedure (07:00 on 02/01/2024)**

*Examples of clear liquids that may be taken:

- Water • Clear Soup (e.g. strained chicken soup) • Clear Apple juice • Clear White grape juice
- Clear soft drinks (e.g. Sprite, Sprite Zero) • Isotonic drinks (e.g. Game, Powerade, Energade)
- Jelly • Black tea or coffee (may be sweetened, but **NO MILK OR DAIRY PRODUCTS**)


How to take PICOLAX®

1



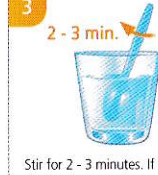
150 ml
Fill a glass with 150ml cold water.

2




Empty the contents of one sachet into the glass of water.

3



2 - 3 min.
Stir for 2 - 3 minutes. If the milky solution becomes hot, wait until it cools down sufficiently.

4



Every hour, drink 250ml of water or other clear liquid* until defecation ceases.

Colonic cleansing is complete once you are only passing clear liquid without any solid components



What is a colonoscopy?

A colonoscopy is a procedure where the inside of the colon & rectum is examined for diagnostic purposes. The physician will insert a long pliable tube into the rectum and move it upwards in order to visualise the entire colon. Tissue for biopsy purposes may also be taken. Polyps should be visible and can also be removed.

The procedure will last approximately 20 - 40 minutes.

You will also receive a sedative which will cause drowsiness. For this reason you may not drive yourself home following the procedure. Transport has to be arranged.

What happens prior to a colonoscopy?

It is essential for the colon to be cleansed in order for the physician to have a clear view of the inside of the colon.

It is therefore extremely important to follow the bowel cleansing instructions of your physician. Should you not strictly follow these instructions, your physician may not be able to successfully complete the colonoscopy. It may then be necessary to repeat the procedure which will very possibly be for your own account.

During the bowel cleansing process, you may experience irritation around the anus which can be relieved by limiting the use of toilet paper. Instead, cotton wool that has been soaked in warm water may be used as an alternative. A thin layer of petroleum jelly may also be applied around the anus after every loose stool.

Watery bowel movements will usually commence within 3 hours following the first dose of **PICOLAX®**. It is advisable to stay close to a toilet during the bowel cleansing process.

Bowel cleansing is complete once the stools are completely free of any solid components.

On the day before the procedure:

Please consult with your physician whether or not you are allowed to have a light breakfast (consisting of a poached egg and one slice of toast with NO butter or margarine and black tea / coffee)

Thereafter, **drink only clear liquids**. See the reverse for a list of allowed clear fluids. You should drink one glass of clear fluids every hour following the first and the second sachet of **PICOLAX®**.

Note the times on the reverse for a detailed breakdown of when you should take your first and second dose of **PICOLAX®**. Also note the time from whereon you must NOT drink any more liquids. (Nil per mouth.)

Please also consult with your physician regarding medication that has to be stopped prior to taking **PICOLAX®**.

NOTES: _____

33 PICOLAX® Powder for oral solution. Each sachet contains the following active ingredients: Sodium picosulphate 10,0 mg, Magnesium oxide, light 3,5 g and Citric acid, anhydrous 12,0 g. Reg. No A39/11.5/0058.

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