

## Taking your Senna and Picolax

### Other formats

If you need this information in another format such as audio tape or computer disk, Braille, large print, high contrast, British Sign Language or translated into another language, please telephone the PALS desk on 01271 314090.

### Five nights before colonoscopy

Please take 1-2 tablets (or 5-10mls) of senna each evening for 5 days.

### One day before colonoscopy

Have a light breakfast before 9am and then STOP EATING solid food until after your colonoscopy. Please continue to drink at least 2 cups every hour, from the list of permitted fluids in the having a colonoscopy leaflet, throughout the day.

Take the first sachet of Picolax at **12 noon** and the second sachet at **7pm**. Please continue to drink plenty of clear fluids but do not eat any food.

### Instructions for taking Picolax

Dissolve the contents of the sachet in a cup of cold water, it may warm up, but drink it when it has cooled down, followed by a litre of clear fluid over the next two hours. You should experience frequent bowel actions followed by diarrhoea 2 – 3 hours after taking Picolax. You will need to be in close proximity to toilet facilities and you may find it necessary to spend the day at home.

The effects of the bowel preparations may give you a sore bottom. To help prevent this, use a barrier cream such as Sudocream, zinc and castor oil or any type of nappy cream. Apply the cream to the appropriate area before starting the bowel preparations. Use moist toilet/baby wipes to clean with. These can also be stored in the fridge to provide a soothing effect if soreness occurs.

### Possible side-effects of preparations

When taking these preparations, feeling sick, fullness in your stomach, bloating and some intestinal cramping may be experienced. If any of the side-effects become serious, contact the Endoscopy Unit on **01271 349180** or ring your GP for advice.

**PLEASE NOTE:** Do not take any other medicine by mouth within one hour of taking Picolax, as it will probably be flushed out before it has time to work.

## The day of the colonoscopy

On the day of your examination continue to drink clear fluids until 2 hours prior to your appointment time. For those 2 hours it is necessary to remain **nil by mouth** until after your procedure.

## Medication

It is important that you make us aware if you are taking any of the following medication so that we can check if this bowel preparation is suitable for you to take.

- Diuretics
- Corticosteroids for example Prednisolone
- Lithium
- Digoxin
- Non-steroidal anti-inflammatory medicines for example Diclofenac
- Tricyclic antidepressants
- Antipsychotic drugs for example Chlorpromazine, Clozapine, Risperidone
- Carbamazepine
- Antiepileptics
- Contraceptives
- Diabetes medications
- Antibiotics

## PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or e-mail [ndht.pals@nhs.net](mailto:ndht.pals@nhs.net). You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

## Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of the staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at [www.careopinion.org.uk](http://www.careopinion.org.uk).

Northern Devon Healthcare NHS Trust  
Raleigh Park, Barnstaple  
Devon EX31 4JB  
Tel. 01271 322577  
[www.northdevonhealth.nhs.uk](http://www.northdevonhealth.nhs.uk)

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