University Hospitals Dorset
NHS Foundation Trust

Preparation for colonoscopy with sodium picosulfate powder: Afternoon appointment

Endoscopy Department Patient information

This information sheet has been issued to you along with two sachets of sodium picosulfate powder. Please follow the advice carefully to ensure an empty bowel which will allow for a complete and thorough examination.

Seven days before your colonoscopy:

If you take iron tablets (e.g. ferrous sulphate, ferrous fumarate) or stool bulking agents (e.g. Fybogel, Ispaghula Husk) please stop taking them until after your colonoscopy.

Five days before your colonoscopy:

If you take medication to control diarrhoea (e.g. loperamide) please stop taking it until after your colonoscopy. Continue to take your other regular medication, including laxatives. You must only eat **low fibre** foods until after your colonoscopy. Examples of foods to choose and those to avoid are given in the table below:

Choose (low fibre)	Avoid (high fibre)
Cereals such as cornflakes, Rice Krispies, Ricicles, Frosties, Sugar Puffs, Coco Pops	All Bran, Wheat Bran, Weetabix, Shredded Wheat, Branflakes, Oat Bran, Muesli, Ready Brek, Porridge, Granola
White bread / rolls, white wraps, white pitta, white naan or chapatti, crumpets	Wholemeal, high fibre white (‘Best of Both’), softgrain, granary or oatmeal bread products
White pasta or noodles, white rice, cous cous	Wholemeal pasta or noodles, brown rice
White flour, white breadcrumbs or batter	Wholemeal or granary flour, wheatgerm
Chicken, turkey, fish, cheese, eggs (including plain omelettes)	All red meats, including foods containing red meat such as burgers, sausages, ham
Clear or sieved soups (consommé or Bovril)	Chunky vegetable, lentil or bean soups
Potato flesh, boiled or mashed potato, crisps	Potato skins, jacket potatoes
Fruit juice with no ‘bits’ or pulp, cordial, squash, herbal or fruit tea (i.e. chamomile)	All fruits and vegetables, smoothies, salads

Milk, cream, custard, ice cream, jelly, lollies, milk puddings (e.g. crème caramel, semolina, rice pudding, tapioca, sago, blancmange) smooth mousse or yoghurt, crème fraiche	Yoghurts containing pieces of fruit / grains
Sponge cake, Madeira cake, rich tea biscuits, wafers, shortbread, waffles and pancakes made with white flour	Any cakes or biscuits made with wholemeal flour, nuts, fruit or grains (fruit cake, Ryvita, digestives or HobNobs)
Honey, lemon curd, golden or maple syrup, jams or marmalades containing no 'bits', Marmite, smooth peanut butter	Jam or marmalade with pips, skins or seeds, crunchy peanut butter, snacks containing nuts or fruit (muesli bars)
Salt, sugar, fine ground pepper, vinegar, mustard, gelatine, ground or dried herbs, salad cream, mayonnaise, ketchup, oil, butter	Nuts, Quorn, fresh herbs, fresh ground peppercorns, whole pickles, chutney, hummus

One day before your colonoscopy:

Eat a **low fibre** breakfast and lunch. After 2pm you must only have **clear fluids** until after your colonoscopy.
You must not have any food or fluids which are not clear during this period.

Clear fluids include the following;

- Water
- Black tea and black coffee (without milk), herbal or fruit tea (no solids)
- Clear, strained soups (consommé, sieved Minestrone)
- Oxo, Bovril or Marmite drinks
- Clear jellies (**not** red or purple)
- Clear fruit squashes and cordials (**not** red or purple)
- Clear fruit juice (such as apple or white grape)
- Boiled sweets (**not** red or purple)
- Clear fizzy drinks are okay (**not** red or purple) but can make you feel bloated

At **7pm** take the **first** sachet of sodium picosulfate powder; prepare the sodium picosulfate powder by mixing the contents of one sachet in a cup of cold water (approximately 150ml) and stirring. The solution may become hot. Wait until it has cooled down before drinking it. Do not gulp or rush; take your time. If the sodium picosulfate powder makes you feel sick, slow down and drink a few sips at a time until it is gone. It is okay to flavour it with a clear squash or cordial if you don't like the taste. Some people find it easier to drink it through a straw.

After two to three hours you should start to experience frequent bowel actions followed by diarrhoea. This will mean that you will need easy access to a bathroom.

It is important to drink plenty of clear fluids after taking each sachet of sodium picosulfate powder to avoid becoming dehydrated. Aim for one or two glasses an hour (approximately 200 - 400ml).

A separate information sheet is enclosed containing advice about taking medication. Please avoid taking medication within an hour of taking sodium picosulfate powder and seek advice if unsure.

The day of your colonoscopy:

At **6am** take the **second** sachet of sodium picosulfate powder. Remember that you must not eat anything; continue to drink clear fluids only. Continue to drink plenty of clear fluids until **two hours before your appointment**, then nothing until after your colonoscopy. It is okay to take tablets such as paracetamol (e.g. for a headache).

Note: If you are having a gastroscopy and colonoscopy you must stop taking anything by mouth four hours before your appointment. If you need to take medication it is okay to do so with sips of water.

For further advice contact:

Royal Bournemouth Hospital Endoscopy Department: **0300 019 4668** (Monday to Friday, 8am - 6pm)

Poole Hospital Endoscopy Department: **0300 019 2772** (Monday to Friday, 8am - 6 pm)

Please remember to bring a list of your medication and allergies with you when you come in. Your GP receptionist can provide you with a printed list if necessary.

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