

## CT Colonography with Picolax and Gastromiro.

### **BOWEL PREPARATION & DIETARY REQUIREMENT INSTRUCTIONS**

#### **THE DAY BEFORE THE EXAMINATION**

**(DO NOT STOP TAKING YOUR NORMAL MEDICATION EXCEPT THOSE DETAILED IN THE INSTRUCTIONS BELOW)**

**BREAKFAST:** (not later than 8.00 am). This meal should be limited to boiled or poached egg and/or white bread, a scraping of butter or margarine is allowed. Tea and coffee may be taken but with NO milk or cream. ***Drink as much clear liquid as possible.*** Because your intake of food is limited you may require the occasional sugary drink.

**Alternative Option** – white bread with 2 tablespoons of SMOOTH nut (peanut/ cashew/ almond) butter

***NO FOOD SHOULD BE CONSUMED FOLLOWING THIS UNTIL AFTER THE PROCEDURE HAS BEEN COMPLETED.***

**TIME 08:00:** Dissolve one sachet of Picolax in water and drink. You can continue to consume clear liquids, which can contain sugar, plain jelly or Bovril. Tea & coffee, WITHOUT MILK OR CREAM, can also be taken. You need to ensure you stay well hydrated over the next 12 to 24 hours as you will mostly have loose bowels from the preparation medication.

**TIME 16:00:** Dissolve one sachet of Picolax in water and drink. Clear soup and meat extract may be taken followed by sugary jelly to suppress hunger. ***Drink as much clear liquid as possible.***

**If you are diabetic please do not take any further diabetic medication until after your test.** All other medications can be taken in normal amounts.

***Drink as much clear liquid as possible.*** Clear soup and meat extract may be taken followed by sugary jelly. Again as intake of food is limited, jellies and drinks may contain sugar.

**TIME: 19:00:** **Drink the 50ml bottle of Gastromiro.** It has an orange taste and can be added to cordial or water.

#### **THE DAY OF THE EXAMINATION:**

No solid food is allowed until after the examination. If diabetic, do not take diabetic tablets until after the examination. Please take all other tablets as normal. Drink as much clear liquid as possible, some of which may contain sugar.