

Picolax & Omnipaque Bowel Preparation Sheet for CT Colonography

Important- If you no longer require this test or have recently had your bowel investigated, please let us know as soon as possible on 07826 513 567.

Your appointment date and time are shown on your appointment letter, sent separately. Please report to the **CT reception in X-Ray department at the hospital where you are appointed** bringing this document with you.

You will need to stay close to a toilet on the day before the examination as the laxatives are extremely effective.

If you are taking iron tablets please stop taking them 3 days before your scan. Please continue taking all other prescribed medications. If you have diabetes, please read the additional information provided.

You should have received 1 x 50ml bottle of Omnipaque and 2 sachets of Picolax to take as described below.

DO NOT drink the medications:

- If you have previously had an allergic reaction to intravenous iodine-based contrast medium (x-ray dye injection).
- If you have difficulty in swallowing.

If so, please contact us on 07770 784911 (Monday – Friday 9-4pm).

You will be asked to change into a hospital gown for the test, so you may wish to **bring a dressing gown or coat with you** to wear over the gown.

If there is any chance of being pregnant, please notify the department. If you take oral contraceptives, the diarrhoea may reduce its effectiveness. Continue taking oral contraceptives but use other precautions for the remainder of that cycle.

TWO DAYS BEFORE your scan

YOU CAN EAT LOW FIBRE foods ONLY including:

Milk, Plain yoghurt, cheese, butter, margarine, honey, cornflakes, puffed rice cereal, eggs, tofu.

White bread, white pitta, white flour chapattis, white pasta, white rice

White fish or chicken: boiled/steamed/grilled.

Potatoes with skin removed (mashed, boiled, chipped).

Clear soups (with no solid lumps or pureed e.g. sieved chicken noodle) Bovril, Oxo

Clear jelly, boiled sweets, ice cream, chocolate (no fruit or nut pieces).

Salt, pepper, sugar & sweeteners.

Please drink plenty of fluids to keep well hydrated: water, tea, coffee, fruit squash and clear fruit juices (e.g apple, grape, cranberry), fizzy drinks.

Suggested meals could include:

Breakfast: White bread/toast with butter and honey
Boiled or poached egg

Lunch/dinner: Grilled fish or chicken with white rice or boiled potatoes (no skin).
Scrambled eggs on white toast
Vanilla ice cream

DO NOT EAT HIGH FIBRE FOODS such as:

- Red meats, pink fish (salmon)
- Fruit, vegetables, salad, mushrooms, sweetcorn
- Cereals, nuts, seeds, pips, bran, beans, lentils
- Brown bread, brown or wild rice, brown pasta
- Pickles & chutneys

The DAY BEFORE your scan

DO NOT eat any solid food.

Please follow a LIQUID ONLY DIET – You can have clear soups (e.g. strained chicken noodle soup – not blended soups), vegetable Bouillon, jelly, ice cream & yoghurt (with no lumps), custard, Complan drinks, Bovril and Oxo drinks, water, clear juices, fizzy drinks, coffee and tea (with milk if preferred).

Ensure you keep well hydrated during the next 12 to 24 hours. Drink as much clear liquid from the examples above as you like.

We advise drinking at least ¼ pint (150mls) of fluid every hour, on the hour while awake.

At 8.00am:

Dissolve **ONE SACHET OF PICOLAX** in a cup of water. The solution may warm slightly. Allow to cool and add more cold water then drink it all.

At 2:00 pm:

Dissolve the **SECOND SACHET of PICOLAX** as above and drink it all.

At 6pm:

Drink the **50ml BOTTLE OF OMNIPAQUE**. It has a slightly metallic taste and can be added to cordial or water

On the **MORNING** of your scan:

DO NOT eat any solid food, you may drink water or clear sugary drinks until your scan is completed.

Do not take Insulin and diabetic tablets until after your scan.

Take all other prescribed medications as normal and bring your medications or a list of your medications to your appointment.

You may be in the X-Ray department for up to one hour.

After the examination: You can eat and drink normally.

Appointments will only be changed in cases of emergency.

If you are unable to attend please let us know as soon as possible as we may be able to offer this appointment to another patient.

Summary of preparation plan for CT Colonography:

3 DAYS before your scan	Stop any iron tablets you may be taking. Continue taking all other medication and any laxatives you normally take, until you come for your scan.
2 DAYS before your scan	Eat a low fibre diet. Remember to drink plenty of fluids.
The DAY BEFORE your scan	Do not eat any solid food, but clear soups etc. are allowed. Remember to drink plenty of fluids. <ul style="list-style-type: none">• 8am take the first sachet of Picolax as described.• 2pm take the second sachet of Picolax as described.• 6pm take the 50ml bottle of Omnipaque as described.
ON THE DAY of your scan	Please do not have anything to eat. You can continue to drink water or sugary drinks. Do not take Insulin and diabetic tablets until after your scan. Take all other prescribed medications and bring them to your appointment.

Please follow these instructions closely to make sure that your bowel is as empty as possible before the scan.

Keeping to this diet will improve the accuracy of your scan.