

## DO NOT FOLLOW THIS PREPARATION IF YOU:

- Have any allergies (contact the x-ray department)
- Have become unwell after previously taking Picolax
- Feel that there is any possibility that you may be pregnant
- Suffer from regular choking/coughing episodes when drinking fluids (this is a condition called aspiration)
- Have been diagnosed with a fluid/electrolyte imbalance

### Low residue diet (Start 2 days before the CT Colonography scan)

<b>Breakfast</b>	<ul style="list-style-type: none"> <li>• Boiled egg</li> <li>• White bread with margarine or butter</li> <li>• <b>No</b> jam or marmalade</li> <li>• Plain yoghurt</li> </ul>
<b>Mid-Morning</b>	<ul style="list-style-type: none"> <li>• Tea or coffee with a dash of milk</li> <li>• Have a Rich Tea or Marie biscuit if you usually have a snack</li> </ul>
<b>Lunch and Evening Meal</b>	<ul style="list-style-type: none"> <li>• Grilled/ poached or steamed chicken or white fish</li> <li>• Eggs, Tofu</li> <li>• Cooked white rice or pasta (not wholemeal) ,white bread, white pitta or white flour chapatti</li> <li>• Have one tablespoon of rice or pasta for each potato you would normally have</li> <li>• <b>No</b> potatoes, fruit or vegetables, a plain but not fruit yoghurt is permitted</li> <li>• Clear soup (no solid bits, e.g., sieved chicken noodle)</li> <li>• Tea or coffee with a dash of milk is permitted</li> <li>• Boiled sweets, ice cream, chocolate (no fruit or nut pieces)</li> <li>• Salt, pepper, sugar, sweeteners and honey</li> <li>• White bread (your usual amount) with margarine or butter</li> </ul>
<b>Mid-Afternoon</b>	<ul style="list-style-type: none"> <li>• Tea or coffee with a dash of milk</li> <li>• Have a Rich Tea or Marie biscuit if you usually have a snack</li> </ul>
<b>Bedtime</b>	<ul style="list-style-type: none"> <li>• Tea or coffee with a dash of milk</li> <li>• Rich Tea or Marie biscuit</li> </ul>

#### Do not eat meats or foods high in fibre such as:

Red meats, pink fish (eg salmon)

Fruit, vegetables, salad, mushrooms, sweetcorn

Cereals, nuts, seeds, pips, bran, beans, lentils

Brown bread, brown or wild rice, brown pasta

Pickles, chutneys

# Mixing instructions for bowel preparation with OMNIPAQUE for CT Colonography scan

**(These instructions are to be used the *day* before your CT Colonography scan)**

You have been supplied an oral bowel cleansing agent (sometimes called “bowel prep”) called PICOLAX and a special contrast dye called OMNIPAQUE. The purpose of this is to prepare your bowels to ensure the effectiveness of the planned CT Colonography. There is a small risk of developing dehydration, low blood pressure or kidney problems with this medication. The person prescribing the oral bowel cleansing agent will have assessed your risk and identified the most appropriate medication for you.

However the following instructions apply when using PICOLAX for your scan:

- PICOLAX One sachet to be mixed with 150mls cold water. Mix in a large jug or container to prevent overflow. Heat may be generated during mixing so allow the solution to cool before drinking.



- The bowel prep will cause diarrhoea – it usually acts within 3 hours of the first dose so you will need to stay close to toilet facilities.
- The bowel prep can cause dehydration so you should maintain a good fluid intake whilst taking these medications. Drink plenty of clear fluids and follow the diet the day before taking your bowel prep.
- If you develop symptoms of dehydration and cannot increase your fluid intake, then you should seek medical attention. These symptoms include: dizziness or light headiness (particularly on standing up), thirst or reduction in passing urine.

## DO NOT FOLLOW THIS PREPARATION IF YOU:

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- Have become unwell after previously taking iodine or Picolax
- Feel that there is any possibility that you may be pregnant
- Suffer from regular choking/coughing episodes when drinking fluids (this is a condition called aspiration)
- Have been diagnosed with a fluid/electrolyte imbalance

### ***On the DAY BEFORE your CT Colonography scan:***

Have a light breakfast as previously then you are not allowed to eat any solid food. **It is very important that you drink plenty of clear fluid.** You should aim to drink a glass of water, juice, tea or coffee WITHOUT milk every hour before your investigation. (Except when sleeping).

<b>8 AM THE DAY BEFORE YOUR SCAN</b>	<b>8 AM DAY BEFORE SCAN</b>
	<p>1 sachet of PICOLAX</p> <p>25mls of the contrast (OMNIPAQUE).</p> <p>Place the remaining 25 mls of contrast in the fridge for later use</p>
<b>4 PM THE DAY BEFORE YOUR SCAN</b>	<b>4 PM DAY BEFORE SCAN</b>
	<p>1 sachet of PICOLAX</p>
<b>9 PM THE DAY BEFORE YOUR SCAN</b>	<b>9 PM THE DAY BEFORE SCAN</b>
	<p>Please take the remaining 25 mls of contrast at 9 pm (OMNIPAQUE) that you placed in the fridge earlier</p>



**NOTE – If you suffer from constipation and you take opioid medications (e.g. Codeine, Morphine) it is advisable to stop for two days before you start the PICOLAX sachets, as these medications can interfere with the emptying of your bowel.**

### ***ON THE DAY OF YOUR EXAM***

1. Have clear fluids only up until your exam.
2. After the exam you may eat and drink normally. (You may want to bring some food along with you)
3. Your bowel movements may be irregular (loose) up to 12 hours after the examination

