

# How to take your bowel preparation prior to endoscopic procedure

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Please read this patient information as soon as possible and well in advance of your appointment. It has been divided into two parts:

**PART 1** contains important advice on how to prepare for your procedure. If you do not follow these instructions, it may not be possible to do the bowel examination and you would have to return on another day.

**PART 2** contains information on the different types of bowel preparation medications. You must follow the instructions for the type of bowel preparation you have been given.

- CITRAFLEET/PICOLAX - please read pages 8 and 9
- PLENVU - please read pages 10 and 11
- MOVIPREP - please read pages 12 and 13

Helpline or enquiries (8.30am to 5.00pm Monday to Friday)

For appointments and general enquiries

|          |                             |
|----------|-----------------------------|
| Boston   | 01205 445072                |
| Grantham | 01476 464366 / 01205 445072 |
| Lincoln  | 01522 573849                |
| Louth    | 01507 631415 / 631437       |

For procedure related enquiries (8.30am to 6.00pm Monday to Friday)

|          |  |
|----------|--|
| Boston   | 01205 446559                           |
| Grantham | 01476 464085                           |
| Lincoln  | 01522 573016 / 01522 512512 ext 458669 |
| Louth    | 01507 631236                           |

For more information please see: [www.ulh.nhs.uk/services/endoscopy](http://www.ulh.nhs.uk/services/endoscopy)

**BOWEL CANCER SCREENING PROGRAMME PATIENTS:** Please ring 01522 597548 for all enquiries

## Aim of the information

The aim of this information is to help you prepare and empty your bowel for your procedure. Please read all of the leaflet well in advance of your appointment as it contains important information together with tips and advice.

### PART 1

#### Introduction

You have been advised by your hospital doctor / practitioner to have an investigation to look at your bowel. Your bowel must be empty to give clear views and reduce the risk of complications. You will have been prescribed a laxative medication (also called 'bowel preparation') which will cause you to pass watery stools (diarrhoea). Different medications are used so it is important to follow the instructions for the particular medication supplied to you. These are different for a morning or afternoon appointment so please make sure you check your appointment time. Please follow the instructions in this leaflet for taking your bowel preparation.

**If you are having a Gastroscopy (OGD) procedure at the same appointment please follow the bowel preparation instructions and stop drinking 2 hours before your appointment time.**

If your health has become worse in any way since the laxative was prescribed, or you feel you will not be able to drink the amount of fluid advised, please contact the endoscopy department before you start taking it. Numbers are given at the start of this leaflet.

- Read all of the instructions for your particular appointment and laxative a few days before your appointment. It is important to follow the instructions given, especially the amount of fluid you should drink, as the laxative can cause you to become dehydrated. Symptoms of dehydration include dizziness or light-headedness (particularly on standing up), thirst, headache or reduced urine production (passing less water).
- The bowel preparation will cause watery diarrhoea so you should stay near a toilet. The amount of time this takes varies from person to person - it may start working in 30 minutes to 1 hour but it could be several hours before you feel the need to go to the toilet. The second dose works much more quickly.
- Having a sports bottle (a bottle with a 'spout') or some drinking straws may make it easier to drink the bowel preparation.

- Barrier cream may help to prevent soreness around your bottom when you are going to the toilet.
- It may be advisable to have some incontinence pads available whilst taking your bowel preparation.
- If you have any problems or concerns after taking the bowel preparation, please ring the enquiry numbers on the front cover of this booklet. Out of hours please contact the NHS non-emergency service on 111.
- It is normal to feel some nausea but if you start to vomit, you should stop taking it and ring the relevant endoscopy unit as soon as you can to let them know.

## Should I take my regular medication?

Unless you have been advised to stop any of your medications you should take them as usual. Take them at least one hour before or after you take your bowel preparation medication.

If you take the oral contraceptive pill you should take other precautions for one week afterwards.

## What to do in the week before you take your bowel preparation

- If possible, please do not eat seeded bread or other food containing seeds e.g. cheese biscuits, salad toppings, for 7 days before the procedure as the seeds can take a while to clear from the bowel and make it difficult to get clear views
- Stop taking iron tablets at least 5 days before (7 days if possible)
- Stop taking loperamide (Imodium, lomotil), fybogel and codeine based medications at least 3 days before. If you need to continue taking codeine or other strong painkillers, take a daily laxative for 5-7 days before starting your bowel preparation
- If you have problems with long term constipation, taking an additional daily laxative for 5-7 days before you start the bowel preparation, may help to empty the bowel more effectively
- If you have been prescribed laxido or senna (or both) please take daily for 5-7 days before starting the bowel preparation

If you have been given **KLEAN PREP** please follow the advice in this leaflet for food and fluids but make up and take the Klean prep as per the packet instructions.

## Two days before your procedure eat a low fibre diet

**ONLY** have foods from the Foods you can eat list (there are also some meal suggestions on page 6).

## Foods you can eat from 2 days before your procedure

Milk, including non-dairy alternatives, plain yoghurt

White fish or chicken (boiled/steamed not fried)

Cheese, eggs, butter, margarine

Clear jelly (not red), boiled sweets, chocolate (no fruit or nut pieces)

White bread or toast, white pitta, white rice or pasta

Smooth peanut butter, Marmite, honey, clear jam (no seeds)

Mayonnaise, salad cream

Plain ice cream, any flavour - no fruit or nut pieces

Rice Krispies and cornflakes

Salt, pepper, sugar, sweeteners

## Foods NOT allowed from 2 days before your procedure

Red meat, including burgers and sausages

Pink or oily fish such as salmon

Fruit and vegetables including potatoes

Salad – tomatoes, lettuce, cucumber, peppers, celery, olives

Seeded or brown bread

High fibre breakfast cereals including Weetabix, porridge, bran, muesli and granola

Oats, including biscuits containing oats

Brown pasta or rice

Pickles or chutneys

Sausage rolls or pastries

Vegetable soup

## Clear fluids to take once you have stopped eating (no alcohol)

Tea and coffee (with a very small amount of milk), herbal teas

Water, clear apple juice, squash, sports drinks, clear jelly (not red)

Fizzy drinks such as cola, lemonade, fizzy water. You may suck (not chew) boiled sweets or mints

Meat extract drinks (e.g. Bovril or Oxo), vegetable bouillon, very clear soups (no bits)

**Sugary fluids to maintain blood sugar levels for those with diabetes include clear apple juice, full sugar jelly (not red), full sugar fizzy drinks such as Lucozade, cola.**

## Suggestions for low fibre meals / snacks

### **Breakfast - choose from:**

Rice crispies / cornflakes with milk or non-dairy alternative

White toast with butter/dairy free spread and honey/Marmite/smooth peanut butter

Toasted white muffin or croissant with butter/dairy free spread and honey

Boiled egg with white toast

Plain yoghurt (no fruit) with honey

Poached/scrambled egg on white toast

### **Lunch/midday meal and evening meal - choose from:**

Cheese omelette

Scrambled/poached egg on white toast

Cheese on white toast

Baked/poached chicken or tofu/paneer and white rice – add a chicken or vegetable stock cube for flavour

Poached or baked white fish such as cod/haddock and butter

White pasta and chicken or soya product with white sauce or plain cream cheese

Cheese or non-dairy alternative and crackers (only cream crackers or water biscuits – no other crackers are allowed)

Cheese/egg mayonnaise/cream cheese or non-dairy alternative sandwich made with white bread

Plain cooked chicken and mayonnaise in white pitta bread

White plain bagel with plain cream cheese (or non-dairy alternative)

Clear jelly (not red) and vanilla ice cream

Plain yoghurt (no fruit) and honey, or jam without seeds

Flavoured fromage frais (no bits)

Chocolate mousse

Custard

White milk puddings such as rice pudding, tapioca or semolina

**Snacks - choose from:**

Chocolate (without fruit/nuts)

Boiled sweets

Madeira cake or other plain sponge cake without jam or fruit/nuts

Custard cream, rich tea or shortbread biscuits (no other biscuits are allowed)

Milkshakes

Plain rice cakes

Jelly sweets

Plain scones (without fruit)

Hot chocolate drink

## **PART 2**

### **PICOLAX / CITRAFLEET (Sodium Picosulfate)**

#### **How to prepare PICOLAX or CITRAFLEET**

In the box there are 2 sachets. Mix the contents of one sachet with about 150ml of cold water and stir for 2 to 3 minutes before drinking. Do not worry if the solution becomes warm or hot - allow it to cool a little before drinking.

#### **For morning appointments between 08.00 am and 1.00 pm**

##### **The day before the procedure**

In the morning, choose foods from the 'foods you can eat' list on page 5 and drink at least one large glass (approx. 250ml) of clear fluid (see page 5), EVERY HOUR from 12 noon to 9.00 pm.

It is important that you drink a total of two and a half litres of fluid throughout the day.

**Stop eating at 1.30 pm** (do not eat anything more until after the procedure).

**Between 4.00 pm and 6.00 pm** take one sachet of Picolax or Citrafleet (see mixing instructions above). YOU MUST continue to drink clear fluids through the evening (past 9.00 pm if you wish) as this will help to clear the bowel and keep you hydrated.

The solution will cause watery diarrhoea so you should stay near a toilet. It may work in 30 minutes to an hour, but it might be several hours before you need to use the toilet. The second dose works much more quickly.

##### **The day of the procedure**

**At 5.00 am.** Mix and drink the second sachet (prepare as above). If your appointment is before 9 am and you have a distance to travel you may wish to take this a little earlier (do not take before 3 am). Again you will have watery diarrhoea which should stop after 1 to 2 hours

**You must continue to drink plenty of fluid** from the list given – start at 6 am and drink at least 250ml every hour up to 2 hours before your appointment, then stop drinking until after the test.

#### **HINTS AND TIPS**

- Using a barrier cream, for example Vaseline or Sudocrem, around your anus (bottom) when you are going to the toilet may help to prevent soreness



## PICOLAX / CITRAFLEET (sodium picosulfate)

### For afternoon appointments after 1.00 pm

#### The day before the procedure

In the morning choose foods from the 'foods you can eat' list on page 5 and drink at least one large glass (approx. 250ml) of clear fluid from the list on page 5, EVERY HOUR from 12 noon to 9.00 pm.

It is important that you drink a total of two and a half litres of fluid throughout the day.

**Stop eating at 4.00 pm** (do not eat anything more until after the procedure).

**Between 4.00pm and 6.00pm** mix and drink one sachet of Picolax or Citrafleet (see mixing instructions on page 8). YOU MUST continue to drink clear fluids through the evening (past 9.00 pm if you wish) as this will help to clear the bowel and keep you hydrated.

The solution will cause watery diarrhoea so you should stay near a toilet. It may work in 30 minutes to an hour, but it might be several hours before you need to use the toilet. The second dose works much more quickly.

#### The day of the procedure

**At 9.00am.** Mix the second sachet and drink as before. Again you will have watery diarrhoea which should stop after 1 to 2 hours.

**You must continue to drink plenty of fluid** from the list given - start at 8.00 am and drink at least 250ml every hour up to 2 hours before your appointment, then stop drinking until after the test.

#### HINTS AND TIPS

- Using a barrier cream, for example Vaseline or Sudocrem, around your anus (bottom) when you are going to the toilet may help to prevent soreness

## PLENVU

### How to prepare PLENVU

Each box of Plenvu contains 2 sealed bags marked **Dose 1** (single sachet) and **Dose 2** (two sachets labelled 'Dose 2 sachet A' and 'Dose 2 sachet B').

#### To prepare Dose 1

- empty the contents of the sachet into a jug
- add water to make up to 500ml and stir until dissolved, which may take up to 8 minutes

#### Dose 2

- empty the contents of both sachet A and sachet B into a jug
- add water to make up to 500ml and stir until dissolved, which may take up to 8 minutes

### For morning appointments between 08.00 am and 1.00 pm

#### The day before the procedure

In the morning, eat only foods from the 'foods you can eat' list on page 5.

**Stop eating at 1.30 pm** (do not eat anything more until after the procedure) and drink 1-2 litres of **clear** fluid throughout the day from the list given on page 5.

**At 5.00 pm** drink the 500mls Dose 1 of Plenvu (see mixing instructions above) AND 500mls of clear fluid over 60 minutes. You may alternate between the Plenvu and the clear fluid.

The solution will cause watery diarrhoea so you should stay near a toilet. It may work in 30 minutes to an hour, but it might be several hours before you need to use the toilet. The second dose works much more quickly.

#### The day of the procedure

**At 5.00 am** drink 500mls Dose 2 of Plenvu AND 500mls of clear fluid over 60 minutes. You may alternate between the Plenvu and the clear fluid. If your appointment is before 9.00 am and you have a distance to travel you may wish to take it a little earlier (do not take before 3 am). Again you will have watery diarrhoea which should stop after 1 to 2 hours. You may continue to drink clear fluids up to 2 hours before your appointment.

**HINTS AND TIPS** can be found at the bottom of the next page

## PLENVU

### For afternoon appointments after 1.00 pm

#### The day before the procedure

Eat only foods from the 'foods you can eat' list on page 5.

**Stop eating at 4.00 pm** (do not eat anything more until after the procedure) and drink 1-2 litres of clear fluid throughout the day from the list given on page 5.

**At 5.00 pm** drink the 500mls Dose **1** of Plenvu (see mixing instructions on previous page) AND 500mls of clear fluid over 60 minutes. You may alternate between the Plenvu and the clear fluid.

The solution will cause watery diarrhoea so you should stay near a toilet. It may work in 30 minutes to an hour, but it might be several hours before you need to use the toilet. The second dose works much more quickly.

#### The day of the procedure

**At 9.00 am** drink 500mls Dose **2** of Plenvu AND 500mls of clear fluid over 60 minutes. You may alternate between the Plenvu and the clear fluid.

If your appointment is early in the afternoon and you have a distance to travel you may wish to take this a little earlier. You will have watery diarrhoea which should stop after 1 to 2 hours. You may continue to drink clear fluids up to 2 hours before your appointment.

### HINTS AND TIPS

- Do not drink it too quickly as it may make you feel sick; some people find it easier to drink if the solution is chilled and they use a straw
- You may wish to make up both doses of Plenvu at the same time and store in the fridge. Once made up the solution should be used within 24 hours
- Using a barrier cream, for example Vaseline or Sudocrem, around your anus (bottom) when you are going to the toilet may help to prevent soreness

## MOVIPREP

### How to prepare MOVIPREP

Each box of Moviprep contains two sealed plastic bags. Each plastic bag contains one sachet marked **A** and one sachet marked **B**

- Open **one** plastic bag and remove sachets **A** and **B**
- Pour the contents of **one** sachet **A** and **one** sachet **B** into a jug. Adding lukewarm water make up to **1 litre** and stir until the powder is completely dissolved and the solution is clear or slightly hazy. Cordial or squash may be added (not blackcurrant).
- Some people find it easier to drink if it has been chilled in the fridge. Once made up the solution should be used within 24 hours

### For morning appointments between 8.00 am and 1.00 pm

#### The day before the procedure

In the morning, eat only items from the 'foods you can eat' list on page 5.

**Stop eating at 1.30 pm** (do not eat anything more until after the procedure) and drink 1-2 litres of clear fluid throughout the day (from the list on page 5).

**At 5.00 pm** make up the first litre of Moviprep (see mixing instructions above) and drink it over 1 to 2 hours. It is very important to drink an additional 500ml of **clear** fluid during the evening.

The solution will cause watery diarrhoea so you should stay near a toilet. It may work in 30 minutes to an hour, but it might be several hours before you need to use the toilet. The second dose works much more quickly.

#### The day of the procedure

**At 5.00 am** make up and drink the second litre of Moviprep over 1 to 2 hours. If your appointment is before 9 am and you have a distance to travel you may wish to take this a little earlier (do not take before 3 am). It is very important to drink an **additional** 500ml of clear fluids during the morning up to 2 hours before your appointment, then stop drinking until after the test.

Once again you will have watery diarrhoea which should stop after 1 to 2 hours.

**HINTS AND TIPS** can be found at the bottom of the next page.

## MOVIPREP

### For afternoon appointments after 1.00 pm

#### The day before the procedure

Take a low fibre diet from the 'foods you can eat' list on page 5..

**Stop eating at 4.00 pm** (do not eat anything more until after the procedure) and drink 1-2 litres of clear fluid throughout the day from the list given (see page 5).

**At 6.00 pm** make up the first litre of Moviprep (see mixing instructions on previous page) and drink it over 1 to 2 hours. It is very important to drink an additional 500ml of **clear** fluids during the evening.

The solution will cause watery diarrhoea so you should stay near a toilet. It may work in 30 minutes to an hour, but it might be several hours before you need to use the toilet. The second dose works much more quickly.

#### The day of the procedure

At **9.00 am** make up and drink the second litre of Moviprep over 1 to 2 hours. If your appointment is early in the afternoon and you have a distance to travel, you may wish to take it a little earlier. It is very important to drink an **additional 500ml of clear fluids** during the morning up to 2 hours before your appointment, then stop drinking until after the test.

Once again you will have watery diarrhoea which should stop after 1 to 2 hours.

### HINTS AND TIPS

- Do not drink it too quickly as it may make you feel sick; some people find it easier to drink if the solution is chilled and they use a straw
- You may wish to make up both doses of Moviprep at the same time and store in the fridge. Once made up the solution should be used within 24 hours
- Using a barrier cream, for example Vaseline or Sudocrem, around your anus (bottom) when you are going to the toilet may help to prevent soreness

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If you require this information in another language or alternative format, please email the Patient Information team at [ulth.patient.information@nhs.net](mailto:ulth.patient.information@nhs.net)