

FULL BOWEL PREPARATION FOR VIRTUAL COLONOSCOPY

The laxatives we give you are very effective and you will need to stay close to a toilet all the time. It is very important that your bowel is as empty as possible. Please refer to the diet sheet for more information about what you can eat and drink in the 2 days before your scan.

THE DAY BEFORE YOUR SCAN:

MORNING APPOINTMENTS

At 8.00am dissolve one sachet of Picolax in a cup of water and stir for 2-3 minutes. The mixture will get warm – let it cool then add more cold water and DRINK IT ALL.

At 2.00pm, dissolve the second sachet of Picolax in the same way and drink it all.

Drink plenty of fluids (tea, coffee, fizzy drinks, squashes, water, clear fruit juices, Bovril, Oxo) throughout the day. Drink at least ¼ pint (150ml) of fluid each hour during the daytime.

Afternoon appointments

At 6.00pm dissolve one sachet of Picolax in a cup of water and stir for 2-3 minutes. The mixture will get warm – let it cool then add more cold water and DRINK IT ALL.

At 10.00pm, dissolve the second sachet of Picolax in the same way and drink it all.

For female patients: if there is any chance you may be pregnant, please contact the department. If you are taking the oral contraceptive pill, diarrhoea can make it less effective. Continue taking the pill but use other precautions for the rest of that cycle.