Taking bowel preparation (Picolax/CitraFleet or Moviprep) prior to a Virtual Colonoscopy (VC)
Information for patients taking Bowel preparation prior to a Virtual Colonoscopy (VC) – CT Colonography

This leaflet accompanies the Patient information Leaflet which gives you information about having a virtual colonoscopy (VC) that looks at your colon (large bowel) and rectum.

What Bowel preparation is required?

Your clinician has deemed you fit to take a bowel preparation (Picolax/CitraFleet or Moviprep).

You should take this the day before your examination to clear the bowels before the test. Carefully follow the manufacturers' instructions provided. If you do not follow the instructions properly it may not be possible to get a diagnosis from the examination.

Warning:

Be prepared for frequent watery bowel movements starting within 2-3 hours of taking the bowel preparation so stay close to a toilet.

It is a good idea to apply barrier cream or Vaseline around your anus so you do not get too sore.

The purpose of bowel preparation is to empty the bowels so they can be visualised more easily on the CT carbon dioxide enema.

To help empty the bowels, it is important to have a suitable diet on the same day as the bowel preparation. This requires avoiding foods, which are high in fibre (e.g. brown bread, fruit and vegetables), and avoiding dairy products and fried foods because they create constipation, which would reduce the effectiveness of the bowel preparation.

What you eat will improve both the performance of the bowel preparation and the diagnostic accuracy of the procedure.
A suitable diet on the same day as the bowel preparation:

**Breakfast 8.00am–9.00am**
If eaten, should be limited to a boiled or poached egg and/or white bread. A scraping of butter or margarine is allowed, but **NO** jam or marmalade.

**Lunch 12.00pm–1.30pm**
A small portion of steamed, poached or grilled whitefish or chicken may be eaten, with a small portion of boiled potato OR white bread.

No other vegetables are allowed.

Clear jelly may be eaten for dessert.

**Supper 7.00pm–9.00pm**
No solid food is allowed.

You may have, clear soup or meat extract drink, followed by more clear jelly for dessert.

- The diarrhoea, which occurs as a result of bowel preparation, means the body loses a lot of fluid and hence it is advisable to avoid alcohol and strong coffee as these may make you more dehydrated.

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**On the day of your examination you can drink clear fluids but do not eat anything.**

**Before taking Picolax/CitraFleet/Moviprep; please consider the special warnings and precautions below**

There is an information leaflet enclosed with the bowel preparation, please read this thoroughly before you take the above.

If you think it may not be safe for you to take bowel preparation, please contact the unit where you are to have your examination.

**Drink plenty of clear fluids; preferably water, throughout the treatment. In general, you should try to drink about a glass of water (approximately 250mls) or other clear fluid over every hour whilst the effects of the bowel preparation on your bowel movements persist.**
Diarrhoea is an expected outcome of bowel preparation. Please be sure that you have ready access to a toilet once you have taken the bowel preparation.

Please give consideration as to your mode of transport to and from the hospital as you may require ready access to a toilet.

**Are there any alternatives to taking Bowel Preparation?**

There are no alternatives other than the three options listed here. Bowel preparations is necessary to carry out Virtual Colonoscopy.

**Are there any side effects to taking Bowel Preparation?**

Side effects can include nausea, vomiting, bloating, abdominal pain, anal irritation and sleep disturbances. Vomiting and severe diarrhoea can lead to fluid loss (dehydration) with dizziness, headache and confusion without proper fluid and salt replacement. If this occurs, please seek medical advice.

Pixolax/Citrafleet may affect the absorption of regularly prescribed oral medication. In light of this it is advisable that oral medication should be taken at least 2 hours before taking the above.

The period of bowel cleansing should not normally exceed 24 hours because longer preparation may increase the risk of you becoming dehydrated.

If this occurs, please seek medical advice.

If you are taking tablets/medication prescribed by your Doctor you should take them at your usual time.

If you have a heart murmur or have had a value replacement it is advisable to ask your GP for an antibiotic cover for this procedure.

If you think it may not be safe to take bowel preparation, please contact the doctor who referred you for this examination.
What if I am a diabetic?

The day prior to your examination: If you are concerned that the recommended diet will affect your diabetic control and you are unsure what to do, please contact your Diabetic Nurse Specialist or GP for advice. You may take glucose to correct your sugars.

The day of your examination: Do not take your morning diabetic medication but bring it with you as well as something to eat and drink. You may take glucose to correct your sugars. If you are unsure what to do, please contact your Diabetic Nurse Specialist or GP for advice.

Questions and contacts

Following the examination, if you experience any problems please contact the CT Department between 08:30 and 17:00. Outside these times please contact your GP.

If you have any questions or would like to know more about this procedure, please telephone the CT Department on:

01483 464151 (Direct line)

01483 571122 Extension 4151 / 4414

If you are unable to keep your appointment notify the CT scanner clerical staff as soon as possible.

For further information about Diagnostic Imaging Services at Royal Surrey County Hospital NHS Foundation Trust, please contact:

Royal Surrey County Hospital NHS Foundation Trust
Egerton Road
Guildford
Surrey
GU2 7XX

www.royalsurrey.nhs.uk
Key reference sources and other sources of information

Websites

- For general information about radiology departments visit The Royal College of Radiologists’ website: www.goingfora.com

- NHS Direct
  For health advice or information you can call NHS Direct on 0845 45647 or visit the website: www.nhsdirect.nhs.uk

- NICE website (www.nice.org.uk) has further information about Nice interventional procedure guidance 129 June 2005.
Contact details

If you have any questions or would like to know more about this procedure, please telephone the CT Department on:

**Telephone:** 01483 464151 (Direct line)

**Telephone:** 01483 571122  **Ext** 4151 / 4414

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Royal Surrey County Hospital (RSCH) NHS Foundation Trust fully subscribes to the National Patient Safety Agency (NPSA) *Being Open* best practice framework, November 2010.

**PALS and Advocacy contact details**

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located in far left corner as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

**Telephone:** 01483 402757

**Email:** rsc-tr.pals@nhs.net

**Opening hours:** 9.00am–4.00pm, Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

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