Advice for patients who have been prescribed an oral bowel cleansing agent

There is a risk for some people of developing dehydration, low blood pressure or kidney problems with this medication. The doctor prescribing Picolax will have decided it is safe for you to take.

Picolax is the preparation used for Wirral patients. You should read the manufacturer's information leaflet - but ignore the treatment plan on the second page.

If you would like a copy in another format, such as Braille, large print, audio cassette or CD, or in another language, please contact us by telephone or at the email address shown.
You have been prescribed an oral bowel cleansing agent (sometimes also called a ‘bowel prep’). Its role is to clear out your bowels.

Taking this is important to ensure the safety and effectiveness of your barium enema.

Oral bowel cleansing agents, including Picolax can cause dehydration. You should drink lots of fluids whilst taking this treatment. If you begin to have symptoms of dehydration and cannot drink more, then you should seek medical advice.

Symptoms of dehydration include dizziness or light-headedness (particularly on standing up), thirst, or passing less urine.

Please read the following information carefully:

Do not take more than two doses of Picolax and take it as the appointment letter from the X ray department tells you to.

- Iron tablets or bran in your diet - AVOID for seven days before the appointment and on the day of your appointment
- Diuretics (water tablets) - AVOID on the day of your appointment
- NSAIDs (pain killers such as ibuprofen, naproxen or diclofenac) - AVOID on the day of your appointment and for 3 days after your appointment
- Keep taking all other medicines as normal up to and including the day of your appointment

Avoid taking medicines less than one hour either side of any dose of Picolax so you may need to change the timing of your doses that day

- If you are taking medicine following a transplant, you should ask your doctor for advice before taking Picolax
- If you take the pill, you should use extra contraception for one week after taking the Picolax
- Some blood pressure medicine may need to be stopped on the day of your appointment and for 3 days after your appointment - check with your doctor

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If you have any problems, please phone the X Ray Department on 0151 604 7067