

Bowel Preparation Advice for Colonoscopy and Flexible Sigmoidoscopy with Citrafleet and Senna

Preparation

To perform your procedure it is necessary to have a clear view of the bowel. Please follow our advice carefully to ensure a good result, which is essential for a proper examination. **Do not** follow the '*Directions for the preparation of Citrafleet*' on the information leaflet in the Citrafleet box.

When taking these preparations some intestinal cramping is normal. If you feel clammy and faint, or if you vomit, please take no more preparation and ring the **Endoscopy Unit helpline** on **01392 402400** for advice.

If you have diabetes and require further advice please ring the hospital switchboard on 01392 411611 and ask for the diabetes on-call nurse. You will have to leave a message including your name and telephone number, and please state that you require advice on preparation for colonoscopy. You will be rung back as soon as the nurse becomes available.

Please follow these steps to prepare for your colonoscopy or flexible sigmoidoscopy

i) Five days before your colonoscopy or flexible sigmoidoscopy

If you take iron tablets or medications to control diarrhoea, please stop taking them until after your colonoscopy. You should continue to take any other medication, including laxatives.

ii) Three days before

You may eat your normal meals for the whole day but avoid high fibre foods such as fruit, vegetables, wholemeal bread and 'All-Bran' (please see dietary advice on pages 3 & 4).

iii) Two days before

You may continue to eat as yesterday until **1400**, then you should stop eating solid food until after your appointment. You should drink plenty of clear fluids (aim for two cups an hour) and try to vary the drinks you take. Clear fluids include water, tea and coffee without milk, carbonated drinks, clear soups and broths made without thickening agents, beer, wine and spirits. Boiled sweets are allowed too. Please see the full list of permitted clear fluids on page 4.

You may have been provided with **Senna** liquid or tablets to help prepare your bowel for colonoscopy. If you have been provided with **Senna liquid**, at **1800** take 50mls of Senna liquid and wash it down with water. If you have been provided with **Senna tablets**, at **1800** take the Senna tablets over a period of an hour to an hour and a half and take each tablet with plenty of water.

It is normal to experience some stomach cramping after taking Senna and it can make you feel light headed. If you need to use the bathroom overnight, please get up slowly and sit on the edge of the bed before taking yourself to the toilet.

iv) One day before

If you are having a morning procedure:

Take the first sachet at 3pm on the day before your colonoscopy

Take the second sachet at 8pm on the day before your colonoscopy

If you are having an afternoon procedure:

Take the first sachet at 6pm on the day before your colonoscopy

Take the second sachet at 9am on the day of your colonoscopy

Dissolve the contents of the sachet in a cup of cold water, it may warm up, but drink it when it has cooled down, followed by a litre of clear fluid over the next two hours. You should experience frequent bowel actions followed by diarrhoea 2 – 3 hours after taking CitraFleet. You will need to be in close proximity to toilet facilities and you may find it necessary to spend the day at home.

The effects of the bowel preparations may give you a sore bottom. To help prevent this, use a barrier cream such as Sudocream, zinc and castor oil or any type of nappy cream. Apply the cream to the appropriate area before starting the bowel preparations. Use moist toilet/baby wipes to clean with. These can also be stored in the fridge to provide a soothing effect if soreness occurs.

v) The day of your colonoscopy or flexible sigmoidoscopy

On the day of your examination continue to drink clear fluids until 2 hours before the procedure. You should then remain nil by mouth until your procedure.

Dietary advice

You may find this information helpful in choosing your diet during your preparation for your colonoscopy or flexible sigmoidoscopy.

✓ CHOOSE	✗ AVOID
Cereals: Cornflakes, Rice Krispies, Ricles, Frosties, Sugar Puffs, Coco Pops	Wheat bran, All-Bran, Weetabix, Shredded Wheat, oat bran, branflakes, wheatflakes, muesli, Ready Brek, porridge
Bread: white	Wholemeal, high fibre white, soft grain or granary bread, oat bread
Pasta: white pasta, white rice	Wholemeal pasta, brown rice
Flour: white	Wholemeal or granary flour, wheatgerm
	Fruit and vegetables
Savouries: chicken, turkey, fish, cheese and eggs	All red meats
Puddings, pastries, cakes, etc: milk puddings, mousse, sponge cakes, Madeira cake, rich tea biscuits or wafer biscuits	Those containing wholemeal flour, oatmeal, nuts, dried fruit e.g. fruit cake, Ryvita, digestive or Hobnob biscuits etc.
✓ CHOOSE	✗ AVOID
Preserve and sweets: sugar, jam, marmalade, honey, syrup, lemon curd	Jam or marmalade with pips, skins and seeds, sweets and chocolates containing nuts and/or fruit, muesli bars
Soups: clear or sieved soups	Chunky vegetable, lentil or bean soups
Miscellaneous: salt, pepper, vinegar, mustard, salad cream, mayonnaise, boiled sweets, glucose tablets, mints	Nuts, Quorn, fresh ground peppercorns, hummus

Clear fluids

Below is a list of items that can still be taken after you have stopped eating solid food. They can be taken right up until 2 hours before the procedure.

✓ CHOOSE	✗ AVOID
All types of water	Please AVOID ALL milk based drinks such as milkshakes, cappuccino or fruit smoothies
Lucozade and any other "sports drinks"	
Black tea and coffee (this includes fruit and herbal teas)	
Fizzy drinks e.g. coke, ginger beer, tonic water	
Clear fruit juice such as apple, cranberry, pomegranate, red and white grape juice (NOT orange juice)	
Any fruit squash	
Hot honey and lemon	
Oxo, Marmite, Bovril	
Consommé (clear soup)	
Any sugar based sweets e.g. Foxes Glacier Fruits and Mints, Polos, dextrose tablets may also be taken	

- Non steroidal anti-inflammatory medicines, for example Diclofenac and Ibuprofen
- Tricyclic anti-depressants, for example Amitriptyline, Clomipramine, Trazodone
- Antipsychotic drugs, for example Chlorpromazine, Clozapine, Risperidone

■ Carbamazepine

■ Antiepileptics

■ Contraceptives

■ Diabetes medications

■ Antibiotics

Please also let the nurse know if you have any of the following conditions:

- Gastrointestinal obstruction or perforation, ileus, gastric retention, acute intestinal or gastric ulceration, toxic colitis or toxic megacolon.
- Severe acute inflammatory disease.
- Renal impairment.
- Congestive heart failure.
- Difficulty swallowing.

Current medication

It is important that you make your nurse aware if you are taking any of the following medication so that they may decide if bowel preparation is suitable for you to take.

- Anticoagulants e.g. Warfarin, Rivaroxaban, Dabigatran
- Antiplatelet agents e.g. Aspirin, Clopidogrel
- Diuretics (water tablets)
- Corticosteroids for example Prednisolone
- Lithium
- Digoxin

Endoscopy Unit Helpline

If you have any further questions regarding the bowel preparation, including possible side effects or any aspect of the procedure, please contact the helpline on **01392 402400**. The opening hours are Monday to Saturday from 8am to 6pm. If you have an urgent query outside of these hours, please ring your GP.

Notes

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by Royal Devon staff undertaking procedures at the Royal Devon hospitals.

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