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You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: www.salisbury.nhs.uk/FriendsFamily or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

Picolax - preparation for colonoscopy (page 1 of 2)

Remember: This medicine should never be given to anyone except the person it has been prescribed for. It may harm them even if they have the same symptoms.

Please read this information leaflet carefully before taking the medicine. This leaflet does not contain the complete information, so if you have any questions or there is anything you are unsure about, please ask your doctor or pharmacist.

About your medicine

PICOLAX is a white crystalline powder. It contains the active ingredients Sodium Picosulphate 10mg and Magnesium Oxide 3.5g and Citric Acid 12.0g which together form Magnesium Citrate in solution. It also contains the inactive ingredients Potassium Bicarbonate, Saccharin Sodium and orange flavouring.

The powder is supplied in pairs of sachets, divided by a tear-off perforation.

PICOLAX contains Sodium Picosulphate, a stimulant laxative which works by increasing the activity of the intestine. The dissolved product also contains Magnesium Citrate, an osmotic laxative which works by holding back fluid in the bowel to provide a wash-out effect.

Uses

PICOLAX is used for clearance of the bowel prior to examination by radiography, endoscopy or surgery.

Before you take your medicine

If the answer to any of the following questions is YES and the doctor does not know about it, tell the doctor BEFORE taking the medicine.

Are you:

- suffering from kidney disease?
- suffering from inflammatory bowel disease such as Ulcerative Colitis or Crohn's disease?
- pregnant?
- breast feeding?
- taking any other medicines that the doctor treating the patient does not know about, including over the counter medicines and especially other regularly prescribed oral medication, such as water

tablets, steroids or medication for heart disease.

- allergic to any of the ingredients listed?

The doctor must also be told if you have had previous bowel or abdominal surgery or any other bowel problem.

Precautions and warnings

You should expect frequent, loose bowel movements at any time after taking a dose. Please ensure that you have access to a toilet at all times following each dose, until the effects wear off. In order to replace the fluid lost from the body, it is important to drink plenty of clear fluids while the effects of PICOLAX persist.

In general you should try to drink at least a tumblerful of clear fluid every hour (approx 250ml) during the treatment day as indicated on the suggested treatment plan overleaf.

Side effects

Treatment with PICOLAX may cause headache, tiredness, nausea, griping and anal pain, isolated cases of allergic reactions and vomiting with related symptoms have been reported.

If you experience one or more of these side effects, or any other undesirable effects, please tell a nurse or doctor.

Accidental overdose

In the event of an overdose, contact the doctor or nearest hospital Casualty Dept at once.

Storing your medicine

PICOLAX should be stored at room temperature, in a cool dry place. Do NOT use PICOLAX if it is past the expiry date on the packaging.