

Information for Parent/Carers/Children/Young Adults on Picolax and Bisacodyl Bowel Prep Medication

This leaflet aims to provide Parents/Carers/Children and Young Adults with information on the bowel prep medications that have been prescribed prior to having colonoscopy procedure in the **morning**.

Picolax® and Bisacodyl

The medications are called Picolax® and bisacodyl, this is given to help clear out the bowel of faeces (poo) before the colonoscopy.

The medication will need to be taken the day before the procedure.

After taking the medication it is advisable to stay indoors close to a toilet. If it's a school day arrangements should be made to take the day off school, and not plan any activities (e.g. shopping, sports and clubs) away from the home

The Picolax® medication needs to be taken in two dosages on the day before the procedure.

- **First dose to be taken at 12.00 hours.**
- **Second dose to be taken at 16.00 hours.**

Dissolve each sachet in 150mL of cold water and stir for two or three minutes. The solution will become quite hot, and should be allowed to cool before drinking.

Depending on the age will depend on the amount of picolax that must be taken, the dose of picolax that needs to be taken is stated clearly below. Each sachet is for single use, discard any remaining solution and use a new sachet for the second dose.

Age	Amount of Picolax® to be taken	
	12.00 hours	16.00 hours
1 – 2 years	40mL	40mL
2 – 4 years	75mL	75mL
4 – 9 years	100mL	100mL
Over 9 years	150mL	150mL

The medication may taste better if a little squash is added but not Ribena or anything red or purple in colour it is recommended the medication is taken steadily rather than in big

mouthfuls, this is best done through a drinking straw, the medication should be completed within one hour of starting it. It is advisable to try to drink 100mL of water or squash every hour for four hours after each dose.

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Bisacodyl Tablets

The bisacodyl tablet/s needs to be taken at **20.00 hours** on day before the procedure. The tablet needs to be swallowed whole as it will not work if it is crushed or chewed.

To help make the tablet/s easy to take they can be swallowed whole with clear fluid or juice or on a teaspoon of yoghurt or jam.

Again depending on the age will depend on the dose of bisacodyl tablet/s that will need to be taken, the dose of bisacodyl tablet/s that needs to be taken is stated clearly below.

Age	Amount of Bisacodyl to be taken
up to 4 years	None
4 – 9 years	5mg
9 – 12 years	10mg
over 12 years	15mg

If you have any queries or concerns contact a member of the Children's Gastroenterology Team

The members of the Children's Gastroenterology Team are normally available Monday – Friday between 09.00 – 17.00 hours on the following numbers

Paediatric Gastroenterology Consultants (via secretaries)	01603 289936 01603 287174
Paediatric Surgical Consultants (via secretaries)	01603 286356
Children's Gastroenterology Specialist Nurse Specialist Paediatric Register (via secretary)	01603 286320 01603 289936

If a member of the Children's Gastroenterology Team is unavailable at any time please contact the Children's Assessment Unit (CAU) which is open 24 hrs a day 7 days a week:
01603 289774

This information is also available on the Jenny Lind Website please go to:
www.nnuh.nhs/jenny lind

