



CITRAMAG AND SENNA

Bowel Preparation Instructions

LivingCare works in partnership with Leeds Teaching Hospitals. This may mean that there are trainees involved in your care. All trainees have the appropriate level of training and will always supervised by a trainer. You will be informed of their involvement (if applicable) on arrival to the department where further information will be provided. You have the right to decline care from a trainee and this will also be discussed with you on arrival.

■ Introduction

If there has been any significant change in your medical condition since you were last seen by a doctor then please contact the **Endoscopy Department** on **NHS 111** for advice before starting your bowel preparation.

Please note: To be able to get a clear view of the lining of your bowel it is very important that you follow the preparations dietary advice enclosed within this leaflet to wash out your bowel before the procedure.

Bowel Preparation

10 Senna tablets and two sachets of Citramag are enclosed with this leaflet.

If you are having a COLONOSCOPY please follow all the instructions on pages 3, 4 and 5.

■ 7 days before your Colonoscopy

- Please contact the unit if you are taking any medication to thin your blood, unless you have been given instructions by the person doing your referral.
- Stop taking iron tablets until after the procedure

■ 5 days before your Colonoscopy

- Stop taking Warfarin (if you are asked to do so)
- Stop taking any constipation agent, such as Imodium (Lomotil) Codeine Phosphate etc.
- Continue with all other medications as prescribed and any laxatives until after your appointment. If you are diabetic on insulin or diabetic tablets.

■ 3 days before your Colonoscopy

FOOD & DRINK

- Try to drink at least 1 litre of clear fluids (2 pints) until the day of the procedure.
- Only eat food from the following list:
 - Boiled or steamed white fish, chicken (skinless)
 - Egg, cheese, white bread, plain muffins, butter, margarine
 - White rice, white pasta, rich tea biscuits, potatoes (no skins)
 - Tofu, natural yogurts, plain cottage cheese, tinned peaches/pineapple
 - Plain sponge cakes, clear soups (without bits in)

Do not eat high fibre foods such as red meat, pink fish, raw fruit or other vegetables, skins pips, cereals, salad, mushrooms, nuts/seeds, sweetcorn, wholemeal bread, etc.

Please note: the following instructions only apply to patients having a Colonoscopy. Patients having surgery must follow instructions up to this point.

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■ **1 day before your Colonoscopy**

- Have a good breakfast from the permitted list any time up to midday.
- After this, **DO NOT EAT ANY SOLID FOOD UNTIL AFTER YOUR EXAMINATION** but it is very important that you **DRINK PLENTY OF CLEAR FLUIDS** throughout the day. Clear fluids include coffee and tea, **without milk**, fruit squashes (but not blackcurrant), water, clear soup, Bovril and Oxo. Clear jelly, not strawberry, raspberry or blackcurrant, boiled sweets (glucose tablets), and small amounts of ice cream.

■ **At 2pm**

- Commence the bowel preparation as follows: Take the ten Senna tablets with a cup of water or more if necessary.

■ **At 5pm**

- Dissolve the contents of one sachet of Citramag in 200mls (8 fluid ozs) of hot water in a large wide mouthed measuring jug as the mixture may fizz over when the water is added.
- Allow to cool for at least half an hour before pouring into a suitable glass and drink. During the day drink at least 1 litre of clear fluid.

■ At 7pm

- Dissolve the contents of the second sachet of Citramag in 200mls of hot water in a large wide mouthed measuring jug as the mixture may fizz over when the water is added. Allow to cool for at least half an hour before pouring into a suitable glass and drink. During the evening drink at least 1 litre of clear fluid.
- You should expect frequent bowel actions and eventually diarrhoea starting within one to three hours of the first dose of bowel preparation. Some intestinal cramping is normal. Please use a barrier cream such as zinc or castor oil, Vaseline/Pseudocream on your bottom to prevent soreness. It is advisable to stay within easy reach of a toilet after commencing the preparation.
- **Remeber to drink plenty of clear fluids.** These may be continued until 2 hours before your procedure. **However if you are having a Gastroscopy as well as a Colonoscopy please stop drinking 4 hours before your appointment time.**

■ If you do not drink enough fluids you may get dehydrated, feel dizzy, faint or experience a headache.

If at any stage you vomit due to the bowel preparation, or you have any other concerns regarding the side effects please telephone the Endoscopy Department between the hours of 9am and 5pm on 0113 249 4655. If you need information out of hours please contact NHS 111.



The Mid Yorkshire Hospitals
NHS Trust



The Leeds
Teaching Hospitals
NHS Trust



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