



## Patient Instructions for Small Bowel Series

At St Vincent's Clinic Medical Imaging & Nuclear Medicine we aim to provide the highest possible level of care to our patients. To ensure you are appropriately prepared for your procedure, please read the instructions and follow the directions. If you have any questions, please do not hesitate to contact our Bookings Staff on (T) 02 8382 7530.

### Preparation

- Please purchase **two sachets** of **Picolax** from your local pharmacy

### Two Days Before Your Examination

- Have light, low fibre foods only: e.g. white bread, cheese, steamed fish, chicken; no fruit / vegetables / nuts.
- At **6.00pm**:
  - Take **2 heaped teaspoons of Epsom Salts** dissolved in hot water, to which you may add a cordial for flavour.

### The Day Before Your Examination

- **DO NOT HAVE SOLID FOODS OF ANY KIND** – this includes milk.
- Drink as much **clear liquid** as possible throughout the day to avoid dehydration – **at least 2 glasses every hour**.

Clear liquid includes: water, strained fruit juices without pulp, clear broth or Bonox, beef or chicken stock cubes dissolved in hot water, coffee and tea without milk or non-dairy creamer, Staminade, carbonated or non-carbonated soft drinks, fruit flavoured cordials, plain jelly and ice blocks provided they are not coloured red, purple or green.

- At **2.00pm** add **one sachet** of **Picolax** to 120 ml of cold tap water in a tall glass. Stir until the bubbles disappear, then slowly drink the entire amount.
- Continue drinking **at least 1-2 glasses** of clear liquid every hour.
- At **6.00pm**:
  - Add **the second sachet** of **Picolax** to 120ml of cold tap water in a tall glass. Stir until the bubbles disappear, then slowly drink the entire amount.
- Continue drinking **at least 1-2 glasses** of clear liquid every hour.
- **YOU MUST HAVE NOTHING TO DRINK OR EAT FOR 6 HOURS PRIOR TO YOUR APPOINTMENT TIME.**
- You may take your usual medications with a sip of water on the day of your test.
- Special advice is required for diabetics regarding insulin and oral hypoglycaemic medication which will need to be modified.