

# Picolax bowel preparation

## Picolax dosing – to be taken the day before colonoscopy

**From age 1- 2 years:** 10am is 1 spoonful, 4pm is 1 spoonful

**From age 2- 4 years:** 10am is 2 spoonfuls, 4pm is 2 spoonfuls

**From age 4- 9 years:** 10am is 1 sachet, 4pm is 2 spoonfuls

**9 years and above:** 10am is 1 sachet, 4pm is 1 sachet

## Picolax administration

**From age 1- 2 years:**

1 spoonful of powder should be mixed with 50mls of water

**From age 2- 4 years:**

2 spoonfuls of powder should be mixed with 100mls of water

**From age 4- 9 years:**

If taking 1 whole sachet of Picolax® powder then you should dissolve sachet in a cup of cold water (approximately 150ml)

2 spoonfuls of powder should be mixed with 100mls of water

**9 years and above:**

If taking 1 whole sachet of Picolax® powder then you should dissolve sachet in a cup of cold water (approximately 150ml).

### **For spoon dosing**

A measuring spoon is provided with the product. To measure the dose with the measuring spoon:

- Fill the spoon with a heap of powder from the sachet
- Pass the flat back of a knife across the top of the measuring spoon
- The powder left in the measuring spoon is one spoonful (4g of powder)
- Pour the powder from the spoon into a cup of water. The cup should contain: - Approximately 50ml of water for each spoonful of powder
- Stir in the cup for 2-3 minutes
- Drink the solution. Sometimes the solution becomes warm as Picolax® dissolves. If this happens, wait until it cools sufficiently before drinking it
- Discard any remaining powder from the sachet.

### **For sachet dosing**

If taking 1 whole sachet of Picolax® powder then you should dissolve sachet in a cup of cold water (approximately 150ml). Stir for 2-3 minutes and then drink the solution. Sometimes the solution becomes warm as Picolax® dissolves. If this happens, wait until it cools sufficiently before drinking it.

After taking the first sachet, you should then drink at least five 250 ml drinks of clear liquids (not only water) spread over several hours. After the second sachet, you should drink at least three 250 ml drinks of clear liquids (not only water) spread over several hours.

Clear liquids should include a variety of fruit juice without pulp, soft drinks, clear soup, tea, coffee (without milk, soy or cream) and water. Do not drink only water.