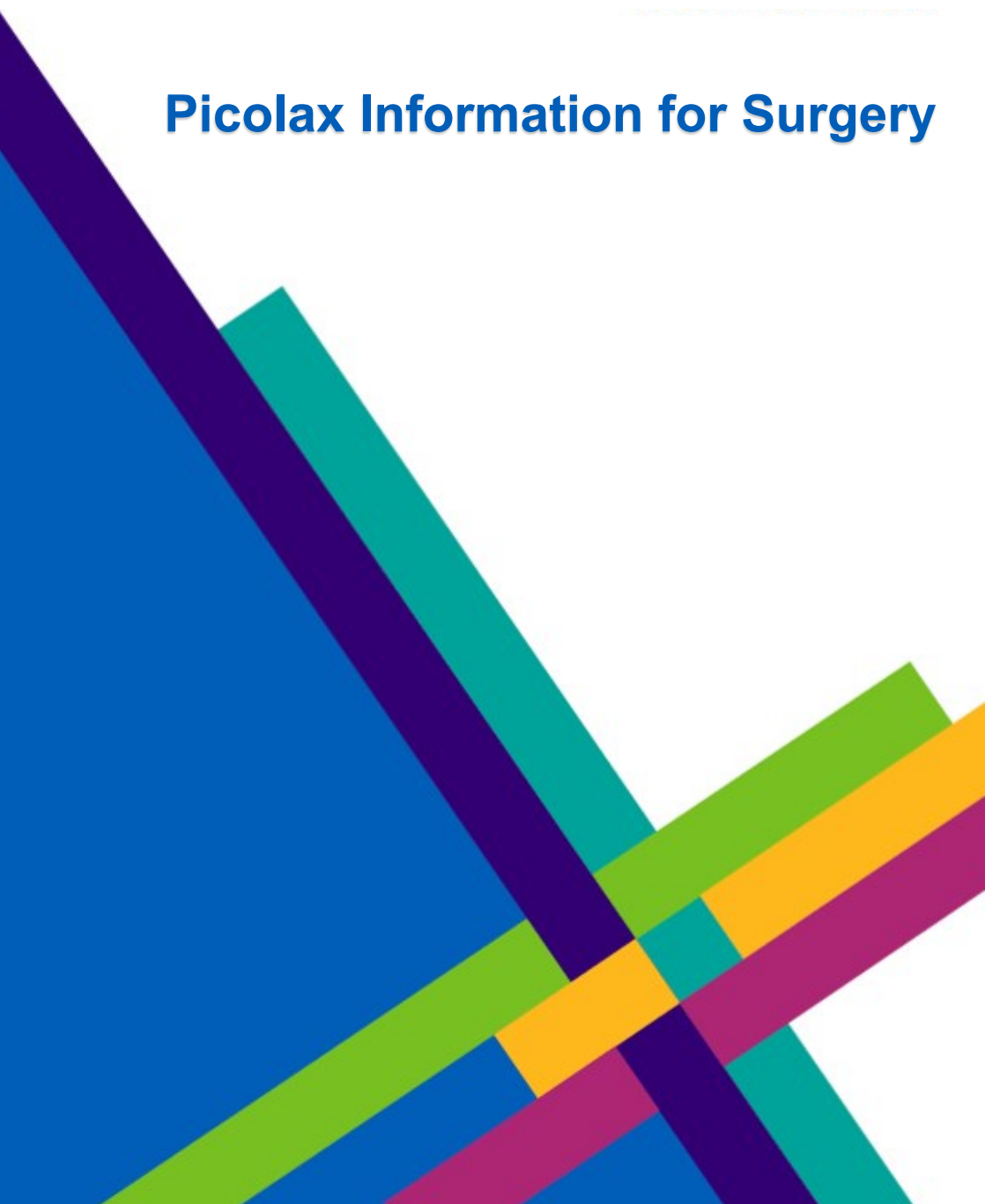




**Salisbury**  
NHS Foundation Trust

# Picolax Information for Surgery



**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 Picosulfate 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.

## Uses

PICOLAX is used for clearance of the bowel before surgery.

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

PICOLAX contains Sodium Picosulfate, 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. Before you take your medicine

If the answer to any of the following questions is YES and the doctor does not already 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 you does not know about, including over the counter medicines and especially other regularly prescribed oral medicines, 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.

## **Side effects**

Treatment with PICOLAX may cause headache, tiredness, nausea,

gripping 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 your doctor or nearest hospital Emergency Department 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.

## Further information

For any further information, please speak to your Colorectal Clinical Nurse Specialist on 01722 425 194 (direct line).

Author: Jennifer Lundie  
Role: Colorectal Clinical Nurse Specialist  
Date written: February 2019  
Last revised: February 2024  
Review date: February 2026  
Version: v2

SFT\_PALS044\_04/24

Salisbury NHS Foundation Trust, Salisbury District Hospital, Salisbury, Wiltshire, SP2 8BJ  
[www.salisbury.nhs.uk/wards-departments/departments/cancer-services](http://www.salisbury.nhs.uk/wards-departments/departments/cancer-services)