

Gastrografin- 2 Dose Bowel Preparation

If your appointment is in the **MORNING**, follow the instructions below

The following instructions are for appointments between **8am and 12 noon only** – please check your appointment time.

How to take GASTROGRAFIN

1. It is essential you take the two doses of the medication provided according to the following instructions (rather than the manufacturer's leaflet). The preparation of the medication and a suggested timetable for food and medication has been provided to maximise the success of the procedure and reduce the amount of side effects experienced.
2. Gastrografin is a 100ml 'brown' bottle.
3. To make one dose, mix 50ml of the Gastrografin with an equal amount of water. Stir until solution is clear or slightly hazy.

KEEP HYDRATED- DRINK ONE CUP OF WATER (250ml) EVERY HOUR

Suggested routine to prepare for your procedure

The day before your procedure	Eat breakfast as normal, avoiding high fibre foods, fruits and vegetables. You may have milk and dairy products for breakfast. This will be the last solid meal until after your procedure
Breakfast 7-8am	
9am	From this time onwards, DO NOT EAT ANY SOLID FOOD , your bowel needs to be completely empty for your procedure. You can drink clear soups, soft drinks and black tea or coffee with sugar if you wish.
Lunch	You can have clear soups such as Bovril or Oxo. Remember to continue to drink plenty of clear fluids throughout the day.
4pm	Take half of the Gastrografin (50ml) Remember to drink an additional 500ml of water following this dose.
7-8pm	Take the last half of the Gastrografin (50ml) Remember to drink an additional 500ml of water following this dose.
The day of your procedure	DO NOT EAT ANYTHING. Remember to continue to drink plenty of clear fluids (one cup every hour), until an hour before your appointment time. Leave home in time for your hospital appointment.

Possible Side Effects

Gastrografin may make you feel nauseated or be sick. The lack of solid food can trigger nausea. We advise you to remain in easy reach of a toilet as Gastrografin causes multiple, often urgent bowel movements. We suggest you drink plenty of clear fluid to help prevent this. Occasionally an allergic reaction can occur, with or without a rash, if you experience this please seek medical advice.

Clear Fluids Include:-

Water

Clear Soup, Bovril, Oxo

Fruit Juice without pulp

Soft Drinks, Diluted Cordials (except blackcurrant)

Herbal Tea, Black Tea no milk, Black Coffee no milk

LOW FIBRE FOODS WHICH ARE PREFERRED



White meat, skinless chicken, grilled or poached fish.



White bread, pasta, rice, boiled or mashed potatoes.



Cheese, eggs, tofu.



Water, fizzy drinks, fruit squash (NOT blackcurrant).



Ice cream, custard, clear jelly (no red or blackcurrant jelly) boiled sweets.



Clear soups
Tea or coffee



Butter/ margarine.



Shred less marmalade or jam.

HIGH FIBRE FOODS WHICH SHOULD BE AVOIDED



Red meat, sausages and pies.



Nuts and pulses, including baked beans.



Any fruit or salad.



Wholemeal pasta, brown rice.



Puddings containing fruit or nuts.



Vegetables.



Potato skins or chips.



Cakes and biscuits.



Wholemeal, brown or seeded bread.



Yoghurts.