

Gastrografin - 2 Dose Bowel Preparation

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

The following instructions are for appointments between
12 noon and 6pm 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 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.
Lunch 12 noon	Eat lunch, avoiding high fibre foods, fruits and vegetables. You may have milk and dairy products. This will be the last solid meal until after your procedure.
1pm	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.
Teatime 5pm	You can have clear soups such as Bovril or Oxo. Remember to continue to drink plenty of clear fluids throughout the day.
7pm	Take half of the Gastrografin (50ml) Remember to drink an additional 500ml of water following this dose.
The day of your procedure 7am	Remember DO NOT EAT ANYTHING. Take last half of Gastrografin (50ml) Remember to drink an additional 500ml of water following this dose.
Later	Remember to continue to drink plenty of clear fluids, one glass (250ml) 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 also 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.