



**Strategy and Sustainability Division
MINISTRY FOR SOCIAL POLICY**

DH CIRCULAR No. 21/2010

DH 597/2010

2nd February, 2010

Attention all Consultants
Medical Officers
Pharmacists
Pharmacy Technicians
Nurses

Re: Klean Prep® and Picolax® as bowel cleansing agents for hospital use

Currently GHPS is purchasing Picolax® as a bowel cleansing preparation.

While clinicians are reminded to use bowel cleansing preparations with caution, attention is drawn to the contra-indications for Picolax® use. Picolax® should **not** be prescribed and dispensed in **Congestive cardiac failure patients**, and in **patients with severely reduced renal function**. For these specific categories of patients, clinicians will still be able to prescribe Klean Prep® for which limited quantities are available at Mater Dei Hospital Pharmacy.

In the paediatric population only Picolax® remains licensed as a bowel cleansing agent.

It is therefore important that prescribers specify the required treatment on the prescription for bowel cleansing preparation.

Please refer to the relevant attachments.

For your attention please.

Dr Natasha Azzopardi Muscat

Director General Strategy and Sustainability



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Drug as per SPC*	Picolax®	Klean Prep®
Active Ingredient	10mg Sodium Picosulphate 3.5g Light Magnesium Oxide 12g Anhydrous Citric Acid	59g Polyethylene glycol 3350 5.685g Anhydrous Sodium Sulphate 1.685 g Sodium Bicarbonate 1.465g Sodium Chloride 0.7425g Potassium Chloride
Indications	To clean the bowel prior to X-ray examination, endoscopy/surgery.	For gastrointestinal lavage and preparation prior to diagnostic examination/surgery particularly for the large bowel.
Administration in Adults	<p><i>A low residue diet is recommended on the day prior to the hospital procedure. Each sachet should be dissolved in approx. 150mL (1 cup) water. The solution should be stirred for 2-3 minutes and drunk. If it becomes hot, one should wait until it cools sufficiently to drink. 1 sachet before 8am on the day before the procedure and 1 sachet 6-8 hours later.</i></p> <p>Approximately 250ml per hour, of water or other clear fluid while the washout effect persists should be drunk to avoid dehydration</p> <p><i>P.S. Attached please find Colonoscopy Preparation Form^</i></p>	<p><i>No solid food should be eaten for at least 2 hours before taking KLEAN PREP. Each sachet should be dissolved in 1 litre (1000mL) of water, stirring to aid dissolution.</i></p> <p>4 reconstituted sachets each at a rate of 200-250 ml every 10-15 minutes should be administered the night before, for morning timed barium enema <i>or</i> begin four hours prior to the examination. The resultant solution is more palatable if chilled.</p> <p><i>Nasogastric (NG) tube: 20 to 30 ml/minute.</i></p> <p><i>P.S. Attached please find Colonoscopy Preparation Form^</i></p>
Administration in Children	1 - 2 years: ¼ sachet morning, ¼ sachet afternoon	There is no recommended dosage



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	<p>2 - 4 years: ½ sachet morning, ½ sachet afternoon</p> <p>4 - 9 years: 1 sachet morning, ½ sachet afternoon</p> <p>9 and above: adult dose</p>	
Renal Insufficiency	Contra-Indicated	Indicated
<p>Whole Bowel Irrigation[#]</p> <p><i>Mainly indicated in children and adults for large ingestions of iron, lithium, sustained-release/enteric-coated tablets e.g. verapamil, theophylline, sodium valproate, or other dangerous drugs and in body-packers. Management of such cases involves several hours of whole-bowel irrigation with activated charcoal.</i></p>	Not indicated	<p><i>Toxbase®</i>, the primary clinical toxicology database of the National Poisons Information Service, UK confirms that Klean-prep® is the only preparation available in the UK suitable for whole bowel irrigation.</p>

*SPC for Klean Prep® (MA Website [accessed: 15/01/2010] & SPC for Picolax® (Not available on Medicines Authority Website) [EMC: 22/12/09]

^ Guidance form for Adults re: use of specific product, Endoscopy Unit, MDH [Dr. J. Pocock, Ms. V. Vella]

[#] Information provided after consulting Mr. M. Zammit, Principal Pharmacist, MI section), MDH



COLONOSCOPY PREP FORM

Preparation for Colonoscopy using Picolax® in Adults

Stop any kind of iron containing preparations (used for anaemia) 15 days prior to the colonoscopy.

In the three days preceding the examination please refrain from having vegetables, salads, fruits containing seeds (such as grapes, strawberries, kiwis, pomegranates) and tomatoes.

It is advisable to go on a liquid diet as much as possible.

How to prepare Picolax®

Mix the contents of one sachet in a cup of approximately 150ml of cold tap water. Stir for 2 to 3 minutes and then drink the solution. Sometimes the solution becomes hot as Picolax® dissolves, if this happens, wait until it cools sufficiently before drinking it.

On the day before the procedure:

Have only a liquid diet starting from the morning

Before 8 am: Reconstitute the first sachet of Picolax® and drink the solution.

Between 2-4pm: Reconstitute the second sachet of Picolax® and drink the solution.

To avoid dehydration during treatment with Picolax® it is recommended to drink a minimum of 2 litres of fluid in a day, approximately 250ml per hour, of water or other clear fluid while the washout effect persists. During the day you can drink tea or coffee without milk, squashes, juices, water, soft drinks and lemonade. You may add sugar if you wish. You may also have some clear soup. Do not take any milk on this day.

You should be starved from the midnight preceding the examination.

Note: if you are diabetic you should consult your doctor for advise regarding alteration to your treatment (whether tablets or insulin).

If you have impaired renal function or congestive cardiac failure, this preparation is inadequate, contact your doctor for an alternative.

Your appointment for colonoscopy is at the DAY CARE UNIT

BLUE BLOCK level -1 (opposite the University of Malta) Your appointment is on

Date; Time:

For further enquiries or in case of difficulty phone us on 25457210, 25457200, 25457223.

PREPARAZZJONI GHALL-EŻAMI TAL-MUSRANA

Preparazzjoni għall-Eżami tal-Musrana bil-PICOLAX® fl-Adulti

Waqqaf kull tip ta' pilloli tal-ħadid (pilloli ta l-anemija) 15-il ġurnata qabel l-eżami.

Matul it-tlett ijiem ta' qabel l-eżami **ma' tistax tiehu**:

- Haxix u insalati
- Frott biż-żerriegħa (eż frawli, gheneb, kiwi, rummien)
- Tadam

Kemm jista' jkun ibqa' fuq likwidi biss

Biex thallat il Picolax®

Hallat pakkett Picolax® go tazza ilma kiesħa (madwar 150ml). Hawwad sew għal 2 - 3 minuti u ixrobha. Hemm possibilta' li t-tahlita tishon hi u tithallat ma' l-ilma. Jekk jigrigi dan, stenna sakemm tiksah it-tahlita qabel ma' tixrobha.

Ġurnata qabel l-eżami:

Oqgħod fuq likwidi biss minn filgħodu

L-Ewwel Doża: Qabel 08.00am – hallat l-ewwel pakkett ta' Picolax® u ixorbu.

It-Tieni Doża: Bejn 14.00pm u 16.00pm – hallat it-tieni pakkett ta' Picolax® bħal qabel.

Huwa importanti li tixrob 2 litri ta' likwidi ċari matul it-trattament bil-Picolax® sakemm jieqaf l-ippurgar. Hu mill-inqas tazza ilma jew likwidu iehor kull siegħa sakemm ikompli l-effetti tal-Picolax®. Matul il-ġurnata tal-preparazzjoni tista' tixrob: Te' jew kafe' biz-zokkor iżda mingħajr ħalib, luminata jew *soft drinks* ohra, meraq tal-brodu, *squashes, juices* u ħafna ilma. ***Tiehux halib il-gurnata kollha.***

Minn nofs il-lejl ta' qabel l-eżami għandek issum minn ikel u xorb.

Nota: Jekk issofri mill-marda tad-dijabete għandek tkellem lit-tabib biex jgħidlek jekk għandekx tiehu il-pilloli jew l-insulina.

Picolax® mhux addattat għal persuni li jbatu minn mard fil-kliewi u minn insuffiċenza tal-qalb, f'dawn iċ-ċirkostanzi wiehed għandu jkellem lit-tabib tiegħu biex tingħata preparazzjoni ohra.

L –appuntament għall-eżami tal-musrana hu fid-DAY CARE UNIT BLUE BLOCK LEVEL -1 (faċċata ta' l-Universita). L-appuntament tiegħek huwa:

Data: **Hin:**

Għal aktar informazzjoni jew f' każ ta' diffikulta ċempel fuq dawn in-numri 25457210, 25457200, 25457223.

Preparazzjoni ghall-Ezami tal-Musrana bil- Klean-prep®

Matul il-jumejn ta' qabel l-ezami **ma tistax tiehu:**

- Haxix u insalati
- Frott biz-zerriegha (ez. Gheneb, kiwi, frawli, rummien)
- Tadam

Kemm jista' jkun ibqa' fuq likwidi biss

Biex thallat il- Klean-prep®

1. Imla buqar bl-litru ilma (1 litre)
2. Iftah pakkett Klean-prep® u itfghu fl-ilma
3. Hawwad sewwa sakemm jinhall kollu

Gurnata qabel l-ezami:

Oqghod fuq likwidi biss minn filghodu

Nofsinhar Hallat l-ewwel pakkett u ixorbu

2.00 pm Hallat it-tieni pakkett u ixorbu

4.00 pm Hallat it-tielet pakkett u ixorbu

6.00 pm Hallat ir-raba' pakkett u ixorbu

Matul il-gurnata tal-preparazzjoni tista' tixrob:

- Te ' jew kafe biz-zokkor izda minghajr halib
- Luminata jew soft drinks ohra
- Meraq tal-brodu
- Squashes, juices u hafna ilma

Tiehux halib il-gurnata kollha

Minn nofsilejl ta' qabel l-ezami ghandek issum minn ikel u xorb.

Nota: Jekk issofri mill-marda tad-dijabete ghandek tkellem lit-tabib biex jghidlek jekk ghandekx tiehu il-pilloli jew l-insulina.

L –appuntament ghall-ezami tal- musrana fl-**ENDOSCOPY UNIT**

(l-ewwel sular, Sptar San Luqa) huwa :

Data: Hin:

Ghal aktar informazzjoni jew f' kaz ta' diffikulta cempel fuq dawn in-numri
25951492/3/4

Preparation for Colonoscopy using Klean-Prep®

In the two days preceding the examination please refrain from having vegetables, salads, fruits containing seeds (such as grapes, strawberries, kiwis, pomegranates) and tomatoes. It is advisable to go on a liquid diet as much as possible.

How to prepare Klean-Prep®

Fill a container with water up to the 1 litre mark. Empty one satchet of Klean-Prep into it. Stir well until the powder dissolves completely in the water and a clear solution is obtained.

On the eve of the examination day:

Have only a liquid diet starting from the morning

- | | |
|---------|---|
| Noon | Dissolve the first satchet in water and drink it |
| 2.00 pm | Dissolve the second satchet in water and drink it |
| 4.00 pm | Dissolve the third satchet in water and drink it |
| 6.00 pm | Dissolve the fourth satchet in water and drink it |

During the day you can drink tea or coffee without milk, squashes, juices, water, soft drinks and lemonade. You may add sugar if you wish. You may also have some clear soup. Do not take any milk on this day.

You should be starved from the midnight preceding the examination.

Note: if you are diabetic you should consult your doctor for advise regarding alteration to your treatment (whether tablets or insulin).

Your appointment for colonoscopy is at the ENDOSCOPY UNIT (first floor, St. Luke's Hospital)

Date; Time:

For further enquiries or in case of difficulty phone us on 25951492/3/4