MidCentral Health

CHILD HEALTH SERVICE

PICOPREP SACHETS

•• PARENT INFORMATION ••

Picoprep is a medicine that stimulates the bowel to move stool (poo) faster out of the body. Your child will be prescribed this because he/she has bowel impaction. This means that there is such a buildup of bowel motions (poos) in the bowel that it is almost completely blocked. A bowel cleanout is necessary to vigorously empty the bowel – then we can start regular laxatives to keep the bowel empty. Regular laxatives may be needed for months.

TAKING THE MEDICINE

Picoprep is a powder and comes in sachets. The dosage your child requires will be written on the box. Stop any other laxatives your child is taking while taking Picoprep. Your GP or nurse will advise you regarding other medication your child is taking during this cleanout and when to resume regular laxatives. Dissolve the contents of one sachet in 250ml of warm water. This can be chilled to improve the taste. After swallowing the medicine, the child should drink two cups of fluid, eg water. The child can eat as they wish. Picoprep often works within 30 minutes but it may take as long as six hours to pass a motion. Your child may have many urgent bowel movements so the child needs access to a toilet and will need time off school. You will know the cleanout is complete when the child is eventually passing clear, straw coloured water out of the bowel. For a few days after taking Picoprep there may be some irregular or loose bowel motions or even soiling.

SIDE EFFECTS

When your child has a bowel impaction they can be irritable, not eat much, feel sick and have tummy pains. If your child feels sick while taking Picoprep – keep giving the sachets. If they vomit once we would suggest you keep going. However, if your child vomits many times then you should stop the medication and seek medical advice. If things settle after you have stopped the medicine you could wait until the next day to ring your GP practice.

Other unwanted effects may include abdominal pain or bloating of the tummy, a headache, or dizziness. Dehydration can occur if they don't drink enough water while taking this medication. Contact your nurse, doctor or health professional if you have concerns about side effects.



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