

Instructions for Bowel Preparation Prior to your Outpatient Appointment

All new patients that attend the RBWH Colo-rectal outpatients department will require an examination of the lower bowel. To enable the Doctors to accurately assess you it is important that the lower bowel to be empty.

The use of a Microlax enema at least one hour before your appointment with RBWH Colo-rectal Outpatient Department will ensure the lower bowel is empty. Please purchase a Microlax enema from your local pharmacy (no script is required).

Microlax is a fast acting enema that works to soften the bowel motions and gently assist the lower bowel to empty without irritating the lining of the bowel.

INSTRUCTIONS FOR USE:

1. Twist and remove the seal off the nozzle.
2. Squeeze the tube slightly so that a drop of Microlax smears the tip and makes insertion easier.
3. It is recommended to lay down on your left side to insert the nozzle fully into the rectum. Squeeze out the contents by squeezing the shoulder of the tube.
4. **Keeping the tube squeezed tightly** withdraw the nozzle.
5. Allow 10-15minutes for the enema to work before going to the toilet to achieve a good result.
6. If your rectum is empty it is requested that you still use an enema but you may not have a bowel action after using the enema.

If for some reason, you are unable to perform the bowel preparation prior to your appointment, please advise the clinic upon arrival and the nursing staff will assist you. However this may delay your appointment to allow the enema to have the desired effect.

For any questions regarding these instructions, please contact:

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