



## BOWEL PREPARATION FOR COLONOSCOPY USING KLEAN-PREP

In order to prepare the bowel for the Colonoscopy examination, it is essential that you drink plenty of clear fluids (e.g. black tea, black coffee, water, fruit squash (NOT blackcurrant), carbonated water, clear soup, Bovril and Oxo) throughout the treatment with Klean Prep. Please drink at least a tumblerful of clear fluid every waking hour during the treatment day and continue the same on the day of examination until two hours before your colonoscopy.

Please find enclosed the four sachets of Klean Prep and your instructions which are essential for a proper examination.

### **7 days prior to colonoscopy.**

Stop taking any iron tablets or constipating agents (such as immodium, loperamide, codeine) which you may have been prescribed. Continue with all other medications and any laxatives until your colonoscopy.

### **2 days prior to colonoscopy.**

Eat only foods from the following list: eggs, cheese, white bread, butter/margarine, rich tea biscuits, potatoes (no skins), white fish or skinless chicken. **DO NOT EAT** brown bread, red meat, pink fish, fruit, vegetables or cereals in any form. **Do have plenty to drink.**

### **When to take Klean-Prep:**

Start taking Klean-Prep the day before the Colonoscopy appointment. The usual dose is 4 sachets.

#### **If you have a morning appointment:**

Take the Klean-Prep during the afternoon and evening the day before your appointment. This will take about 4 to 6 hours altogether.

#### **If you have an afternoon appointment:**

You can take 2 sachets on the evening before your appointment, and the rest the next morning. This takes about 2-3 hours each time.

### **How to take Klean-Prep:**

**Do not eat anything from 2 hours before you start taking Klean-Prep**, until after the colonoscopy is over. You can continue to drink clear fluids.

1. Fill a jug with 1 litre (1¾ pints) of water. Empty the contents of 1 sachet of Klean-Prep into the water. Stir until the solution is clear. Add cordial to taste, if required (not blackcurrant).
2. Drink 1 tumblerful of Klean-Prep about every 15 minutes until you have drunk it all. You can take your time over this (1 to 1½ hours altogether).
3. Make up and take the next 3 sachets in the same way. You should be starting to have watery bowel movements so stay near a toilet.

### **What else do I need to know?**

- **Stay near a toilet.** You should start opening your bowels 1 to 2 hours after starting to take Klean-Prep. As Klean-Prep cleans the gut it will make you produce watery bowel movements like diarrhoea.
- If you have not had a bowel movement after taking 2 sachets of Klean-Prep, wait until you go to the toilet before you continue with Klean-Prep.

**After taking the Klean-Prep:**

You should expect frequent bowel actions and eventually diarrhoea within two hours of the first sachets. Side effects can include nausea, bloating, abdominal pain and vomiting. Please use some barrier cream such as zinc and castor oil if necessary on your bottom to prevent soreness. Stay within easy reach of a lavatory after commencing the preparation.

If you are taking any oral medication please discuss with your doctor as the medicines are likely to have been flushed out due to the preparation.

**Continue to drink clear fluids until two hours before your appointment time.**

If you have had any difficulties with the above procedure or you have any concerns regarding this procedure, please ring the Endoscopy Department on 01582 – 497298 and speak to a member of the nursing staff.

**If you do not follow these instructions, it will not be possible for us to do the colonoscopy test.**