

## KLEAN-PREP - Bowel Preparation

### Afternoon Appointment Instructions

#### General information:

This information may be slightly different from the instructions given by the manufacturers of Klean-prep. This is because we want to ensure the best preparation for your procedure.

#### Why do I need to take the bowel preparation?

To ensure a thorough examination of your colon it must be emptied of waste material as your Endoscopist needs clear views of the lining of your digestive tract to enable detection of subtle abnormalities. The Klean-prep bowel preparation is a strong laxative which will empty your bowel of waste material. It is important that you follow these instructions correctly. If you are not properly prepared the procedure may not be successful and may even result in the cancellation of the procedure.

**While taking any bowel preparation we would encourage you to stay near a toilet. We recommend you use a barrier cream and wet wipes for your comfort.**

#### Preparing for your Procedure:

If you are **diabetic** or take any **blood thinning medications (except Aspirin)**, please inform either:

Conquest Hospital Endoscopy Unit on 01424 757548

Eastbourne district General Hospital Endoscopy Unit on 01323 417400 extension 4215

#### Seven Days Prior to your Procedure:

If you take **iron tablets** or **medications to control diarrhoea** please stop taking them until after your examination. You should continue to take any other medication including medication for high blood pressure/cardiac conditions.

We advise that you avoid eating food with seeds in for the 7 days prior to taking your Klean-prep Bowel preparation.

#### Two Days Prior to your Procedure:

Eat foods which are low in fibre. Avoid high fibre foods.

Low fibre foods which are allowed	High fibre foods which should be avoided
Eggs, white meat such as chicken (skinless), grilled or poached fish, cheese, tofu	Breakfast cereals
White bread/toast/butter/margarine, croissants, pasta, rice, boiled or mashed potatoes	Bacon, sausages, black pudding, red meat and pies
Water, fizzy drinks, fruit squash (NOT blackcurrant)	Fruit
Tea, coffee, clear soups	Nuts and pulses including baked beans
Ice cream, custard, boiled sweets	Any vegetables, fruit or salad
Shredless marmalade	Wholemeal or brown bread, puddings containing fruit or nuts, cakes and biscuits
	Yoghurts
	Potato skins or chips, wholemeal pasta, brown rice

## The Day Before your Procedure:

You should have a light lunch from foods on the low fibre list before 13.00 hours.

<b>AFTER 13:00 HOURS (1 PM)</b>	<b>18:00 HOURS (6 PM)</b>
<p>You can have as much clear fluid as you wish i.e. water , clear/strained soup, smooth fruit juice, soft drinks (e.g. lemonade, Lucozade), herbal teas or black coffee or tea (without milk). Add sugar if you like. If you are diabetic you can suck dextrose tablets and take Lucozade/soft drinks where necessary.</p> <p><b>NO SOLID FOOD</b></p>	<p>Make up first sachet of Klean-Prep in 1 litre of water. Drink the solution 250ml at a time every 10 to 15 minutes. Repeat this with the second sachet. This should take about 2-3 hours.</p>
<p><b>At 07:00 HOURS (7 AM) Day of Procedure</b> Make up the third and fourth sachets in the same way as the first two and repeat the same process. <b>YOU MUST STOP DRINKING 2 HOURS PRIOR TO THE PROCEDURE</b></p>	

## Preparing KLEAN-PREP



1. Empty the content of one sachet of Klean-Prep into 1 litre (1  $\frac{3}{4}$ ) of water.



2. Stir until the solution is clear.



3. Drink 1 glassful ( $\frac{1}{4}$  litre or  $\frac{1}{2}$  pint) of Klean-Prep every 15 minutes until you have drunk it all.

4. Make up and take the next sachets in the same way. You should start to experience watery bowel movements. If after 3 sachets you are passing only clear liquid, there is no need to take the last sachet.

## What to Expect

You should start opening your bowels 1 to 2 hours after starting to take Klean-Prep.

Side effects: you may experience stomach cramping – this is normal. It is also normal to feel some nausea. If you begin to vomit, please contact your Endoscopy Department on the number listed overleaf for further advice.

## What else do I need to know?

If you have not had a bowel movement after taking 2 sachets, wait until you go to the toilet before you continue with the Klean-Prep. If you have slept the night and still have not had any bowel movements, contact the hospital for advice.