PATIENT INFORMATION

Bowel Preparation for Colonoscopy and Flexible Sigmoidoscopy with KLEAN-PREP

Please note the information in this leaflet is provided as additional information for you. It is important that you also read the information sheet that is provided with your medication.

Preparation

Klean-Prep is given prior to colonoscopy or flexible sigmoidoscopy to ensure the bowel is empty and allow a complete examination. Please follow these instructions carefully. When taking Klean-Prep some intestinal cramping is normal.

If you feel clammy, faint or vomit, please stop taking the preparation and ring the Endoscopy Unit (01392 402400). The opening hours are Monday to Saturday 8am to 6pm.

If you have an urgent query outside of these hours, please ring your GP for advice.

If your query is about your appointment time, please ring the Endoscopy Booking Office on 01392 402485. The opening hours are Monday to Friday 8am to 5pm.

Please follow these steps to prepare for your colonoscopy or flexible sigmoidoscopy

(i) Five days before your colonoscopy or flexible sigmoidoscopy

If you take iron tablets or medication to control diarrhoea, please stop taking them until after your test. Continue to take any other medication. Please avoid eating nuts and seeds.

(ii) Three days before

You may eat your normal meals for the day but avoid high fibre foods such as fruit, vegetables (including potatoes), red meats, wholemeal bread and whole grain products (please see list of dietary advice). Avoid eating nuts and seeds.

(iii) Two days before

Continue to eat as yesterday.

(iv) One day before

You may have breakfast and a light lunch before 12 midday, choosing from the low fibre foods. After lunch you should stop eating solid food until after your test.
From **12 midday**, please take plenty of clear fluid, at least 2 glasses hourly, in addition to the bowel preparation. This is to ensure that you do not get dehydrated. Please choose from the list of permitted clear fluids on page 5.

**Instructions for taking Klean-Prep**

- Empty the contents into 1 litre (2 pints) of water, you may add cordial to taste. Store in the fridge and drink one glass every 10-15 minutes over the course of an hour.
- At **2pm** drink your first litre of Klean-Prep over the next hour.
- At **4pm** drink your second litre of Klean-Prep over the next hour.
- At **6pm** drink your third litre of Klean-Prep over the next hour.

**If you have a morning appointment**

At **8pm** the evening before your appointment drink your final litre of Klean-Prep as above over the next hour.

**If you have an afternoon appointment**

At **8am** on the day of your appointment drink your final litre of Klean-Prep as above over the next hour.

Remember to drink additional clear fluids throughout (please see list of clear fluids for advice).

You should experience frequent bowel actions followed by diarrhoea 1-2 hours after taking Klean-Prep and you will need to be near a toilet and spend the day at home.

If your bottom becomes sore because of diarrhoea, apply a barrier cream or Vaseline. The bowel preparation usually stops working by **11pm** and you should be able to go to sleep without further disturbance.

**(v) On the day of your examination**

Remember you should continue to drink clear fluids up to 2 hours before your appointment time. You should then remain nil by mouth until after your procedure.

**Dietary Advice**

You must keep to foods in the LEFT column. Do not have foods in the RIGHT column:

<table>
<thead>
<tr>
<th>✔ FOOD TO CHOOSE</th>
<th>✘ FOOD TO AVOID</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cereals:</strong> Cornflakes, Rice Krispies, Ricles, Frosties, Sugar Puffs, Coco Pops</td>
<td>Wheat Bran, All Bran, Weetabix, Shredded Wheat, Oat Bran, Branflakes, Wheat Flakes, Muesli, Ready Brek, Porridge</td>
</tr>
<tr>
<td><strong>Bread:</strong> White</td>
<td>Wholemeal, High fibre white, soft grain or granary bread, oat bread</td>
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<tr>
<td><strong>Pasta:</strong> White pasta, White rice</td>
<td>Wholemeal pastas, brown rice</td>
</tr>
<tr>
<td><strong>Flour:</strong> White</td>
<td>Wholemeal or granary flour, wheatgerm</td>
</tr>
<tr>
<td><strong>Fruit and Vegetables</strong></td>
<td></td>
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<tr>
<td><strong>Savouries:</strong> chicken, turkey, fish, cheese and eggs</td>
<td>All red meats</td>
</tr>
<tr>
<td><strong>Puddings, Pastries, Cakes etc.</strong></td>
<td>Those containing wholemeal flour, oatmeal, nuts, dried fruit e.g. fruit cake, Ryvita, digestive or Hobnob biscuits etc.</td>
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<tr>
<td>Milk pudding, mousse, sponge cakes, Madeira cake, rich tea biscuits or wafer biscuits</td>
<td>Jam or marmalade with pips, skin and seeds, sweets and chocolates containing nuts and/or fruit, muesli bars, jelly</td>
</tr>
<tr>
<td><strong>Preserve and Sweets:</strong> Sugar, jam, marmalade, honey, syrup, lemon curd</td>
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<tr>
<td><strong>Soups:</strong> Clear and sieved soups</td>
<td>Chunky vegetable, lentil or bean soups</td>
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</table>
Clear fluids

Below is a list of fluids that can still be taken after you have stopped eating solid food. They can be taken right up until 2 hours before the procedure.

<table>
<thead>
<tr>
<th>✔ DRINKS TO CHOOSE</th>
<th>☘ DRINKS TO AVOID</th>
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<tbody>
<tr>
<td>All types of water</td>
<td>Please AVOID ALL milk based drinks such as milkshakes, cappuccino or fruit smoothies.</td>
</tr>
<tr>
<td>Lucozade and all other types of “sport drinks”</td>
<td></td>
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<tr>
<td>Black tea and coffee (this includes herbal teas)</td>
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<tr>
<td>Fizzy drinks e.g. coke, ginger beer, tonic water.</td>
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<tr>
<td>Clear fruit juice squash such as apple, cranberry, pomegranate, red and white grape juice (NOT orange juice)</td>
<td></td>
</tr>
<tr>
<td>Any fruit squash</td>
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<tr>
<td>Hot honey and lemon</td>
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<td>Oxo, Marmite, Bovril</td>
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<tr>
<td>Consommé (clear soup)</td>
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<tr>
<td>Any sugar based sweets e.g. Foxes Glacier Fruits and Mints, Polos, dextrose tablets may also be taken.</td>
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</tbody>
</table>

Current medication

It is important that you make your nurse aware if you are taking any of the following medication so that they may decide if bowel preparation is suitable for you to take.

- Diuretics (water tablets)
- Corticosteroids for example Prednisolone
- Lithium
- Digoxin
- Non steroidal anti-inflammatory medicines, for example Diclofenac and Ibuprofen
- Tricyclic anti-depressants
- Anti-psychotic drugs, for example Clomipramine, Trazodone
- Antipsychotic drugs, for example Chlorpromazine, Clozapine or Risperidone
- Carbamazepine
- Anti-epileptics
- Contraceptives
- Diabetes medications
- Antibiotics

Please also let the nurse know if you have any of the following conditions:

- Gastrointestinal obstruction or perforation, Ileus, gastric retention, acute intestinal or gastric ulceration, toxic colitis or toxic megacolon.
- Severe acute inflammatory disease
- Renal impairment
- Congestive Cardiac Failure
- Difficulty swallowing