

## Klean Prep - Morning Instructions

Enclosed is a box of Klean Prep, which contains four sachets of preparation to be taken. Please follow our advice carefully in order to ensure an empty bowel. This will allow a complete examination. When taking these preparations some intestinal cramping is normal. If you feel clammy and faint or if you vomit please take no more preparation and ring the contact details at the end of this leaflet or your own GP for advice.

### How do I prepare for the test?

**If you are diabetic or on Warfarin, Clopidogrel or any other blood-thinning medication, please contact the Gastroqueries Team on [gastroqueries@nnuh.nhs.uk](mailto:gastroqueries@nnuh.nhs.uk) or 01603 288857.**

It is important for this test that your bowel is empty. In order to achieve this please read and follow the instructions below:

### 14 days before

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.

### 5 days before

Please take 2 senna tablets every evening in preparation for taking the bowel medicine we have provided. You will need to purchase this yourself

### 5 days before

You may eat your normal meals, but avoid high-fibre foods such as fruit, vegetables, wholemeal bread and 'All Bran' (see table below).

Foods allowed	Avoid
<b>Cereals:</b> Cornflakes, Rice Krispies, Ricicles, Sugar Puffs, Coco Pops	Wheat Bran, All bran, Weetabix, Shredded Wheat, Oat Bran, Branflakes, Wheatflakes, Museli, Ready Brek, Porridge.
White bread (You may use butter/ margarine)	Wholemeal, high-fibre white, soft grain or granary bread, oatbread.
White pasta, white rice	Wholemeal pasta, brown rice.
White flour	Wholemeal or granary flour, wheatgerm.
Potatoes (no skin)	<b>Fruit and Vegetables</b>

# Klean Prep - Morning Instructions

<b>Savouries:</b> Chicken, turkey, fish, cheese and eggs	All Red Meat
<b>Puddings, pastries, cakes:</b> Milk puddings, mousse, Jelly (not red) sponge cakes, madeira cakes, Rich tea, wafer biscuits	Those containing wholemeal flour, oatmeal, nuts, dried fruit, fruit cake, Ryvita, Digestives or Hobnob biscuits
<b>Preserve and sweets:</b> Sugar, jelly jam, jelly marmalade, honey, syrup, lemon curd	Jam or marmalade with pips, skins and seeds, sweets and chocolate containing nuts/fruit, Muesli bars
<b>Soups:</b> Clear or sieved soups	Chunky vegetable, lentil or bean soups
Miscellaneous: salt, pepper, vinegar, mustard, salad cream, mayonnaise	Nuts, Quorn, fresh ground peppercorns, hummus

## 1 day before the Colonoscopy

### Before breakfast

**07:00am** Mix the contents of one sachet with 1 litre of water, drink a glass full every 15 minutes until all taken. **You may add flavouring such as lemon or lime cordial to the mixture.**

You will begin to pass frequent loose motions, please stay near a toilet at this time

### Breakfast

#### 09:00am – 10:00am

You may have small quantity of low fibre foods from the 'foods allowed' list, and tea or coffee. You may have sugar or sugar substitutes.

**11:00am** Mix the contents of one sachet with 1 litre of water, drink a glass full every 15 minutes until all taken.

#### (No later than 13:00pm)

**Lunch** Small amount of meat. This can be, ham, veal, pork or poultry. You may have a small amount of fish or shellfish instead of meat.

You may have the above with any one of the following:

- Two slices of white bread/toast without butter or margarine, **or**
- Two egg sized potatoes without skin, boiled, mashed or baked, but without butter or margarine, or oil, **or**
- White (not brown) rice.

**Vegetarians may have a small quantity of texturized vegetable protein in place of meat or fish.** Alternatively, you can choose from the 'foods allowed' list.

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**15:00pm** Mix the contents of one sachet with 1 litre of water, drink a glass full every 15 minutes until all taken.

## Supper

### 17:00pm – 18:00pm

No solid food is allowed. You may have clear soup, Bovril and Oxo made into drinks and you may eat clear (**NOT red/purple**) jellies for dessert.

**19:00pm** Mix the contents of one sachet with 1 litre of water, drink a glass full every 15 minutes until all taken.

**Some intestinal cramping is normal but if you feel clammy and faint or if you vomit, please take no more preparation and ring the Gastroenterology Unit on 01603 647594**

**Please stop drinking TWO hours before your appointment**

You may find that applying a small amount of Vaseline / Sudocrem® to your back passage (anus), prevents discomfort during the bowel preparation.

**Whilst taking your laxatives it is essential that you drink plenty of fluids to avoid becoming dehydrated. These are listed below:**

- Water/ flavoured water.
- Clear Soup, for example Consommé that contains no solids.
- Fruit Juice without pulp, for example orange or lemon squash that is diluted (not red or purple in colour).
- Clear fizzy drinks, for example lemonade, Lucozade, tonic water, cream soda, soda water.
- Bovril/ Oxo.
- Lime cordial.
- Herbal teas (no milk).
- Clear apple juice or white grape juice.
- Jelly (no fruit pieces or purple in colour).

## Useful contacts

If you have any further questions or concerns, please contact: Gastroqueries on [gastroqueries@nnuh.nhs.uk](mailto:gastroqueries@nnuh.nhs.uk) or **01603 288857** (8am – 6pm, Monday to Friday). If you have any urgent concerns outside these hours please contact your GP surgery.