

BOWEL PREPARATION INSTRUCTIONS – KLEAN-PREP

You have been supplied an oral bowel cleansing agent (sometimes called “bowel prep”). The purpose of this is to clear out your bowels and ensure safety and effectiveness of the planned endoscopic procedure. There is a risk of developing dehydration, low blood pressure or kidney problems with this medication. The person prescribing the oral bowel cleansing agent will have assessed your risk and identified the most appropriate medication for you. You **MAY** require a blood test to check your kidney function. You will have been informed if this is the case.

Always refer to the manufacturer’s instructions when taking your preparation. However the following rules apply in all cases:

Three days before you procedure:

1. Follow the low residue (fibre) diet below. This ensures the bowel is clean so that the procedure is successful.

The day before your procedure:

1. Do not eat anything for 2 hours before taking the preparation. You will be able to eat again once your procedure is over.
2. Fill a jug with 1 litre (1.75 pints) of water.
3. Empty the contents of 1 sachet of Klean-Prep into the water. Stir until the solution is clear. You may add flavouring (such as orange juice) to the solution once mixed.
4. Drink 1 glass full of the clear solution every 15 minutes until it has gone.
5. Repeat stages 1 to 4 for sachet 2.
6. Repeat stages 1 to 4 for sachet 3.

The day of your procedure:

1. At 7 AM repeat stages 1 to 4 above for sachet 4.
2. Ensure you have taken all of your bowel preparation before the time on your appointment letter.
3. **DO NOT HAVE ANYTHING TO DRINK 2 HOURS BEFORE YOUR PROCEDURE.**

The bowel prep will cause diarrhoea. It usually acts within 1 - 2 hours of the first dose, so you will need to stay close to toilet facilities.

The bowel preparation can cause dehydration, so it is important that you continue to drinking clear fluids up to the time you leave for your appointment. You can have black tea and coffee and also soft drinks, but the drinks must be clear. Sugar can be added as required.

If you have not had a bowel movement after taking 3 sachets of Klean-Prep, wait until you do before you take sachet 4. If you have slept the night and still not had any bowel movement please contact the hospital on *****

What about the side effects of taking Klean-Prep?

- If you feel bloated or get stomach cramps, try taking the Klean-Prep a little more slowly.
- Some people feel sick or are sick.
- Sometime there is a soreness round the anus (bottom).

If you experience any of these side effects they should pass quickly. If any other symptoms occur, please contact your GP.

If you develop symptoms of dehydration and cannot increase your fluid intake, then you should seek medical attention. These symptoms include: dizziness or light headiness (particularly on standing up), thirst or reduction in passing urine.

Diabetic patients please contact your diabetic nurse if further advice is required.

LOW RESIDUE DIET INSTRUCTIONS

PLEASE DO NOT EAT ANY FRUIT, PULSES, LENTILS, VEGATABLES, NUTS, SEEDS, WHOLEMEAL BREAD, BROWN RICE OR HIGH FIBRE BREAKFAST CEREALS

BREAKFAST:

Tea or coffee (with milk and sugar/sweetener).

Choose from the following:

- Crisp rice cereal or cornflakes with up to 100ml milk (**NO bran**).
- 2 slices white bread/toast with a thin spread of butter/margarine and honey as desired.
- 1 boiled/poached egg and 1 slice white bread/toast with thin spread of butter/margarine.
- 50grams of cottage cheese and 1 slice of white bread/toast with a thin spread of butter/margarine.

MID-MORNING:

Tea or coffee (with milk and sugar/sweetener).

LUNCH AND DINNER:

Choose one of the following (smaller portions are allowed):

- 75g meat/fish.
- 2 boiled/poached eggs.
- 100g cheese (may be cream cheese, cottage cheese or cheese sauce).

And one of the following:

- 2 slices of white bread/toast with thin spread of butter/ margarine.
- 2 egg sized potatoes without the skin (may be boiled, mashed or baked).
- 2 tablespoons of plain white rice/pasta/plain macaroni or noodles.

Gravy may be made using stock cubes, white flour or corn flour for thickening.

DESERTS AND SWEETS:

- Clear jelly (not red), boiled sweets or mints.