

Preparing for your colonoscopy or sigmoidoscopy (morning appointment)

Information and advice for patients

Bowel Cancer Screening Programme

These are instructions telling you how to take Klean Prep.

What is Klean Prep?

Klean Prep is a strong laxative that you need to take before your colonoscopy or sigmoidoscopy. Klean Prep will give you diarrhoea so you should stay close to a toilet once you have taken it.

What are the benefits of taking Klean Prep?

Taking Klean Prep will empty your bowel so that the lining can be examined properly during your colonoscopy or sigmoidoscopy.

What are the risks of taking Klean Prep?

The risk of taking Klean Prep is that it can cause side effects such as nausea (feeling sick), vomiting, diarrhoea, bloating, abdominal (tummy) pain, sleep disturbance and anal irritation (zinc and castor oil cream can help with this).

Vomiting and diarrhoea can lead to fluid loss (dehydration) with dizziness, headache and confusion if you do not have enough fluid and salt to replace what has been lost.

If you feel very unwell while taking the Klean Prep please contact your screening nurse or your GP. If your symptoms are severe please go to A&E or call 999 in an emergency.

What are the risks of not taking Klean Prep?

If you do not take Klean Prep we will not be able to have a clear view of your bowel. This may mean the test cannot be completed.

Are there any alternatives to taking Klean Prep?

There are alternative types of laxative available but these have the same effect. Klean Prep is the one we recommend. If you are concerned about taking Klean Prep you can contact your screening nurse on one of the following numbers:

City Hospital	0121 507 6002
Sandwell Hospital	0121 507 3185
Queen Elizabeth Hospital	0121 204 1648

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Before taking Klean Prep

If you take diabetic tablets, insulin, warfarin or clopidogrel/Plavix please follow the instructions given to you by your screening nurse.

What to do

7 days before the test

Stop taking tablets containing iron.

3 days before the test

You need to follow a low residue diet for at least 3 days before the test as a way to prepare your bowel for the test. A low residue diet contains foods that are easy to digest and avoids foods with a high fibre content.

High fibre foods to avoid	Low residue foods
<ul style="list-style-type: none"> • Bread – wholemeal, high bran, granary, high fibre or half wholegrain • Wholemeal pittas, chapattis, crumpets, scones and muffins • Cereal bars, digestive biscuits, fruit cake, fig rolls • Wholemeal lasagne and pasta • Brown rice • High fibre or bran crispbreads and crackers • Wholemeal, wholegrain, bran or high fibre cereals, porridge and muesli • Nuts • Vegetables and salad – raw, partially-cooked, tinned or frozen • Fruit – fresh, frozen, tinned, cooked and dried • Beans, lentils and chick peas • Potatoes with skin on 	<ul style="list-style-type: none"> • White cereals such as cornflakes or rice based cereals • White rice and pasta • Plain white biscuits such as rich tea, custard creams, nice or malted milks • White bread, crumpets and scones • Well-cooked tender meat, fish, cheese or egg • Well-cooked vegetables • Stewed fruit • Potatoes without the skin

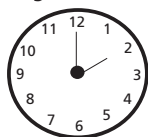
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The day before the test

2pm

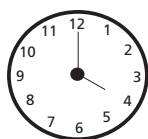


Do not eat any more solid food after this time. You should drink plenty of clear fluids – water is best.

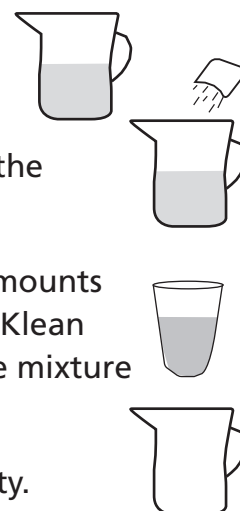
Allowed	Not allowed
<ul style="list-style-type: none"> • Fruit juice or squash - apple, lime, cranberry, white grape • Oxo or Bovril • Clear soup • Mineral drinks • Soft drinks and sports drinks like Lucozade • Ginger ale • Water • Black tea or coffee, with sugar if you like but NO MILK • Iced tea • Boiled sweets, pastilles • Jelly 	<ul style="list-style-type: none"> • Solid food • Fruit juice with pulp • Prune juice • Milk (including milk in tea or coffee) • Dairy products • Liquids dyed red, orange, purple or brown (such as cola)

Take any medicines that you take by mouth either before 3pm or after 9pm. If they are taken within 1 hour of drinking Klean Prep they may be flushed through without taking effect.

4 pm



1. Fill up a jug with 1 litre (1 $\frac{3}{4}$ pints) of water.
2. Empty the contents of one sachet and stir until the powder dissolves and the mixture goes clear.
3. Pour out a glass (250ml/ $\frac{1}{2}$ pint) of the mixture and drink it. Drink small amounts regularly as this makes the Klean Prep work better. Some people find the Klean prep easier to drink with some flavouring such as lime cordial. Chilling the mixture can also help.
4. Continue drinking glassfuls of this over the next hour until the jug is empty.

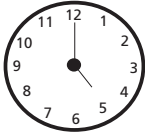


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Bowel Cancer Screening Programme

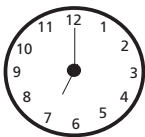
5 pm



Make up another sachet of the Klean prep and take it in the same way.



7 pm

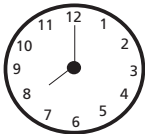


If you have not had any bowel movements then do not take any more Klean Prep until you have had a bowel movement or contact your screening nurse for advice.

If you have had a bowel movement then make up the third sachet and take in the same way as before.



8 pm



Make up the 4th sachet after you have had another bowel movement and take in the same way.



The next day (day of the test)

Do not have any solid food, only the fluids allowed. You can have clear fluids until 2 hours before the appointment.

Please take all 4 sachets.

Arrive at the hospital in good time for your test and make sure you have someone to collect you and care for you at home for the next 24 hours if you plan to have intravenous sedation for the test. If you plan to have entonox (gas and air) it is not necessary for someone to collect you after the test.

After the test

You will be able to eat and drink normally after the test.

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How to contact us

If you have any questions or are unsure please contact your bowel cancer screening nurse on the appropriate number below:

Bowel cancer screening nurse

City Hospital	0121 507 6002
Sandwell Hospital	0121 507 3185
Queen Elizabeth Hospital	0121 204 1648

If you are unable to keep your appointment please telephone one of the above numbers as soon as possible so the appointment can be given to another patient.

Further information

For more information about our hospitals and services please see our website www.swbh.nhs.uk or follow us on Twitter @SWBHnhs.

Sources used for the information in this leaflet

- The British Society of Gastroenterology, 'Consensus guidelines for the safe prescription and administration of oral bowel-cleansing agents', May 2012
- British National Formulary, section 1.6.5 'Bowel cleansing preparations', 2011
- Practical Gastroenterology, 'The Gourmet Colon Prep', November 2007
- B. Thomas & J. Bishop, Manual of Dietetic Practice (4th edition), 2007

If you would like to suggest any amendments or improvements to this leaflet please contact the communications department on 0121 507 5420 or email: swb-tr.swbh-gm-patient-information@nhs.net



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