Preparing for your colonscopy or sigmoidoscopy (afternoon appointment)

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.

<table>
<thead>
<tr>
<th>High fibre foods to avoid</th>
<th>Low residue foods</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Bread – wholemeal, high bran, granary, high fibre or half wholegrain</td>
<td>• White cereals such as cornflakes or rice based cereals</td>
</tr>
<tr>
<td>• Wholemeal pittas, chapattis, crumpets, scones and muffins</td>
<td>• White rice and pasta</td>
</tr>
<tr>
<td>• Cereal bars, digestive biscuits, fruit cake, fig rolls</td>
<td>• Plain white biscuits such as rich tea, custard creams, nice or malted milks</td>
</tr>
<tr>
<td>• Wholemeal lasagne and pasta</td>
<td>• White bread, crumpets and scones</td>
</tr>
<tr>
<td>• Brown rice</td>
<td>• Well-cooked tender meat, fish, cheese or egg</td>
</tr>
<tr>
<td>• High fibre or bran crispbreads and crackers</td>
<td>• Well-cooked vegetables</td>
</tr>
<tr>
<td>• Wholemeal, wholegrain, bran or high fibre cereals, porridge and muesli</td>
<td>• Stewed fruit</td>
</tr>
<tr>
<td>• Nuts</td>
<td>• Potatoes without the skin</td>
</tr>
<tr>
<td>• Vegetables and salad – raw, partially-cooked, tinned or frozen</td>
<td></td>
</tr>
<tr>
<td>• Fruit – fresh, frozen, tinned, cooked and dried</td>
<td></td>
</tr>
<tr>
<td>• Beans, lentils and chick peas</td>
<td></td>
</tr>
<tr>
<td>• Potatoes with skin on</td>
<td></td>
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</tbody>
</table>
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The day before the test

5pm

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

<table>
<thead>
<tr>
<th>Allowed</th>
<th>Not allowed</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Fruit juice or squash - apple, lime, cranberry, white grape</td>
<td>• Solid food</td>
</tr>
<tr>
<td>• Oxo or Bovril</td>
<td>• Fruit juice with pulp</td>
</tr>
<tr>
<td>• Clear soup</td>
<td>• Prune juice</td>
</tr>
<tr>
<td>• Mineral drinks</td>
<td>• Milk (including milk in tea or coffee)</td>
</tr>
<tr>
<td>• Soft drinks and sports drinks like Lucozade</td>
<td>• Dairy products</td>
</tr>
<tr>
<td>• Ginger ale</td>
<td>• Liquids dyed red, orange, purple or brown (such as cola)</td>
</tr>
<tr>
<td>• Water</td>
<td></td>
</tr>
<tr>
<td>• Black tea or coffee, with sugar if you like but NO MILK</td>
<td></td>
</tr>
<tr>
<td>• Iced tea</td>
<td></td>
</tr>
<tr>
<td>• Boiled sweets, pastilles</td>
<td></td>
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<tr>
<td>• Jelly</td>
<td></td>
</tr>
</tbody>
</table>

Take any medicines that you take by mouth before 6pm. If they are taken within 1 hour of drinking Klean Prep they may be flushed through without taking effect.

7pm

1. Fill up a jug with 1 litre (1 ¾ 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/ ½ 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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8pm

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

The next day (day of the test)

8am

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.

9am

Make up the 4th sachet after you have had another bowel movement and take in the same way.
You can then continue to have clear fluids until 2 hours before your appointment.
Please take all 4 sachets.

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

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.
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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