

Laxative instructions (morning appointment)

Information and advice for patients preparing for a colonoscopy or sigmoidoscopy

Endoscopy

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 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. Applying a barrier cream such as zinc and castor oil can help soreness on the bottom.

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 NHS Direct on 0845 4647, or contact 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 the Klean Prep correctly your bowel will not be cleansed adequately enough to ensure a safe and effective examination. In that event we may need to cancel your procedure.

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 the endoscopy unit on one of the following numbers:

City Hospital Endoscopy

0121 507 4062

Sandwell Hospital Endoscopy

0121 507 2488

Before taking Klean Prep

If you take diabetic tablets, insulin, warfarin or clopidogrel/Plavix please contact the endoscopy unit before you take Klean Prep.

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What to do

5 days before the test

Stop taking tablets containing iron.

The day before the test



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

You are allowed:

- Water
- Tea and coffee **WITHOUT** milk (you can have sugar)
- Bovril/Oxo
- Clear thin soups with vegetables and meat strained out
- Smooth fruit juice (no bits)
- Squash/cordial

Take any medicines that you take by mouth before 5pm. If they are taken within 1 hour of drinking Klean Prep they may be flushed through without taking effect.



1. Fill up a jug with 1 litre (1 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/ 1/2 pint) of the mixture and drink it. Drink small amounts regularly as this makes the Klean Prep work better.
4. Continue drinking glassfuls of this over the next hour until the jug is empty. Some people find the Klean prep easier to drink with some flavouring such as lime cordial. Chilling the mixture can also help.



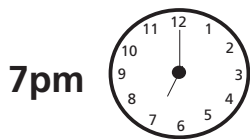
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Make up another sachet of the Klean prep and take in the same way. Go to bed when you feel ready.



If you have not had any bowel movements then do not take any more Klean Prep until you do have a bowel movement.



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



If your bowel movements are now only clear fluid you do not need to take any more Klean Prep. If there are any solid bits or you are unsure, then make up the last sachet and take as before.



The next day (day of the test)

Do not drink anything else after this time.

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 sedation for the test.

Contact details

If you have any questions or concerns please contact the endoscopy unit on one of the following numbers:

City Hospital and Birmingham Treatment Centre patients

0121 507 5318

Monday - Friday, 7.30am - 6.30pm

Sandwell Hospital patients

0121 507 3555

Monday - Friday, 9am – 4.30pm

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Further information

For more information about our hospitals and services please see our websites www.swbh.nhs.uk and www.swbhengage.com or follow us on Twitter @SWBHnhs and Facebook www.facebook.com/SWBHnhs.

Sources used for the information in this leaflet

- British National Formulary, section 1.6.5 'Bowel cleansing preparations', 2012
- The British Society of Gastroenterology, 'Consensus guidelines for the safe prescription and administration of oral bowel-cleansing agents', May 2012
- UK National Patient Safety Agency, 'Reducing risk of harm from oral bowel cleansing solutions', February 2009

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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