

# 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 in preparation for your colonoscopy or sigmoidoscopy.

### **What is Klean Prep?**

Klean Prep is a strong laxative that you need to take before your colonoscopy or sigmoidoscopy. It is a powder which you must mix with water and drink. We will have sent you sachets of Klean Prep with your appointment letter or given them to you at an appointment. 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 Klean Prep please 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 Klean Prep correctly your bowel will not be cleansed enough to ensure a safe and effective examination, which may mean we 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

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### Before taking Klean Prep

If you take diabetic tablets, insulin, warfarin, rivaroxiban, dabigatran, clopidogrel/Plavix, prasugrel or ticagrelor, please contact the endoscopy unit before you take Klean Prep. If you take the contraceptive pill you should take another type of contraception for the week following taking Klean Prep.

## How to take Klean Prep and prepare for your procedure

### 5 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 to help your bowel empty properly for the colonoscopy. A low residue diet is made up of foods that are easy to digest and avoids foods that are high in fibre.

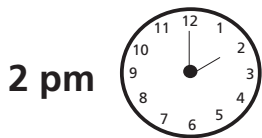
High Fibre foods to avoid	Low residue foods you can eat
<ul style="list-style-type: none"> <li>• Bread – wholemeal, high bran, granary, high fibre or half wholegrain</li> <li>• Wholemeal pittas, chapattis, crumpets, scones and muffins</li> <li>• Cereal bars, digestive biscuits, fruit cake, fig rolls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

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### The day before the test

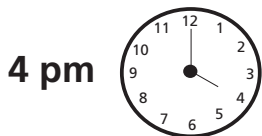


**Do not eat any more solid food after this time.** You should drink plenty of clear fluids – water is best.

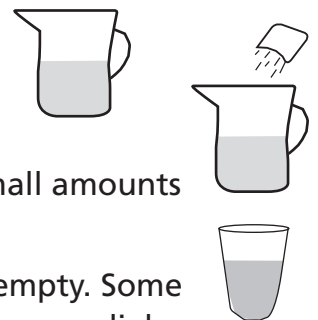
You are allowed:

- 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 3pm. 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 into the jug and stir it 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 Klean Prep easier to drink with some flavouring such as lime cordial. Chilling the mixture can also help.



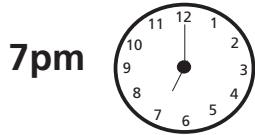
Make up another sachet of the Klean prep and take it in the same way.



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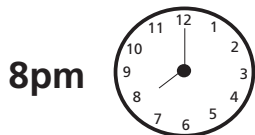
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If you have not had any bowel movements then do not take any more Klean Prep until you do have a bowel movement.

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



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

Go to bed when you feel ready.

**It is important that you take all four sachets of Klean Prep if you are able to, so that your procedure can be completed properly. If you do not take all the sachets we may not be able to carry out your procedure.**



## The next day (day of the test)

**If you have been unable to take the Klean Prep properly please contact the endoscopy unit. Do not drink anything else after this time.**

Arrive at the hospital in good time for your procedure 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.

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### Contact details

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

#### City Hospital Endoscopy

0121 507 4062

8am - 6.30pm

#### Sandwell Hospital Endoscopy

0121 507 2488

8am - 6.30pm

### Further information

For more information about our hospitals and services please see our websites [www.swbh.nhs.uk](http://www.swbh.nhs.uk) and [www.swbhengage.com](http://www.swbhengage.com) or follow us on Twitter @SWBHnhs and Facebook [www.facebook.com/SWBHnhs](http://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 5495 or email: [swb-tr.swbh-gm-patient-information@nhs.net](mailto:swb-tr.swbh-gm-patient-information@nhs.net)



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