

Instructions for taking KleanPrep® Bowel Preparation

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Why do I need the bowel preparation?

To ensure a thorough examination of your colon (large bowel) it must be emptied of waste material as your Radiographer or Radiologist needs clear views of the lining of your large bowel to enable detection of subtle abnormalities. The KleanPrep® bowel preparation is a strong laxative which will empty your bowel of waste material. It is important that you follow these instructions correctly. If you are not properly prepared the procedure may not be successful and may be cancelled.

Preparing for your Procedure:

An additional instruction sheet is given to people with diabetes to help them regulate their blood sugars during the bowel preparation and procedure. If you have diabetes and this has not been included please contact the Radiology Department Nurses on 01493 452099. If you take any blood thinning medications (except Aspirin), please contact the Radiology Department Nurses on 01493 452099.

Seven days before the test

- Stop taking iron tablets.

Four days before the test

- Stop taking constipating medications, these may be painkillers such as codeine phosphate, tramadol, oramorph and fentanyl patches, bulking agents such as Fybogel®, Regulan ®or Proctofibe® or to treat diarrhoea, such as loperamide (Imodium®) or Lomotil®.
- If you are unable to stop taking your painkillers, please contact the Radiology department for advice.

Two days before the test

- **EAT FOODS LOW IN FIBRE.** These include grilled or steamed white fish, grilled chicken (no skin), potato (no skin), white pasta, white rice, egg, cheese, tofu, white bread, butter or margarine, seedless jam, shredless marmalade, marmite, honey, rich tea biscuits, chocolate, smooth yoghurts (no 'bits'), boiled sweets, clear jelly and ice cream. **AVOID HIGH FIBRE FOODS - Red meat, brown / wholemeal bread, wholemeal pasta, brown rice, fresh or dried fruit, vegetables, nuts, beans, lentils, chickpeas, cereals.**

The day before the test

- Low fibre diet up until two hours before starting to take the KleanPrep®
- You are allowed clear fluids only until two hours before your appointment.

How to prepare KleanPrep® solution

You have been given a pack containing four sachets of KleanPrep®.

To prepare the KleanPrep®:

- Empty the contents of one sachet of KleanPrep® into a large jug.
- Add 1 litre (1¾ pts) of tap water.
- Stir until the powder is completely dissolved.

- The solution is now ready to drink. Drink one glass every 15 minutes until you have drunk it all.
- Repeat the process with your second, third and fourth sachets. **If you have not had a bowel movement after drinking the first two sachets made up as above, wait until you go to the toilet before you continue with the KleanPrep®.** You should have drunk the solution from all sachets within four – six hours.

When you start to drink your KleanPrep® solution you need to stay close to a toilet as you will experience frequent watery bowel movements. This is normal and indicates that the KleanPrep® solution is working. We recommend you use a barrier cream and wet wipes for your comfort.

You should start to have bowel movements one to two hours after starting to take KleanPrep®. You may experience some nausea (sickness) and stomach cramping. If you begin to vomit, please contact the Radiology Department Nurses on 01493 452099.

If you have not had any bowel movements by the day of your examination, contact the Radiology Department Nurses on 01493 452099 for advice.

If you have a morning appointment

On the day before the test:

Before 8am Eat a light low fibre breakfast.

After 8am No further food can be eaten, you may continue to drink clear fluids.

Clear fluids allowed – water, clear soup (chicken, beef or vegetable strained to remove any bits), marmite, Bovril, clear fruit juice (no bits), soft drinks, fruit and herbal tea, tea without milk, coffee without milk.

Fluids not permitted – alcohol, milk or any drinks containing ‘bits’.

2pm Start drinking the first jug of KleanPrep®. Drink 1 glass every 15 minutes until you have drunk it all. Repeat with your second, third and fourth sachets. You should have drunk the solution from all sachets within four – six hours. Please drink another 1 litre (1¾ pt.) of clear fluids over this time to prevent dehydration.

On the day of the test:

- No solid food
- You may drink clear fluids until 2 hours before your appointment.

If you have an afternoon appointment

On the day before the test:

8am Eat a light low fibre breakfast.

Noon Eat a light low fibre lunch. No further food can be eaten after this time, you may continue to drink clear fluids.

Clear fluids allowed – water, clear soup (chicken, beef or vegetable strained to remove any bits), marmite, Bovril, clear fruit juice (no bits), soft drinks, fruit and herbal tea, tea without milk, coffee without milk.

Fluids not permitted – alcohol, milk or any drinks containing ‘bits’.

4pm Have the first two sachets of KleanPrep® and drink over the next 3 hours. Please drink another 600ml (1pt.) of clear fluids over this time to prevent dehydration.

On the day of the test:

- No solid food

7am Have the final two sachets of KleanPrep® and drink over the next 3 hours. Please drink another 600ml (1pt.) of clear fluids over this time to prevent dehydration.

- You may drink clear fluids until two hours before your appointment.

Your Feedback

We want your visit to be as comfortable as possible - talk to the person in charge if you have any concerns. If the ward/department staff are unable to resolve it, then ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care.

Before leaving please complete a Friends and Family Test feedback card.

Help us transform NHS services and to support patient choice.

OUR VALUES

Collaboration

We work positively with others to achieve shared aims

Accountability

We act with professionalism and integrity, delivering what we commit to, embedding learning when things do not go to plan

Respect

We are anti-discriminatory, treating people fairly and creating a sense of belonging and pride

Empowerment

We speak out when things don't feel right, we are innovative and make changes to support continuous improvement

Support

We are compassionate, listen attentively and are kind to ourselves and each other



The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

For a large print version of this leaflet, contact PALS 01493 453240