

INSTRUCTIONS FOR PREPARATION FOR COLONOSCOPY

Klean Prep

Poor bowel preparation is the most common reason for an incomplete colonoscopy.

The aim of bowel preparation is to empty the bowel, so that the person performing the test, has the best possible view. This aids correct diagnosis and reduces the chance of abnormalities being missed.

If not done correctly, this may mean that the test will need to be repeated. When taking the bowel preparation, you should expect frequent bowel actions and eventually diarrhoea. Some bowel cramping is normal. Using a barrier cream, such as Vaseline, locally after each bowel action will help to reduce soreness around the anus.

- Please make sure you are near a toilet once commencing your bowel prep.
- Please read the instructions carefully and call us on one of the following numbers if you can't tolerate the bowel preparation or have any concerns:
029 20716721 or 029 20715187 or 029 207 15694

INSTRUCTIONS

SEVEN DAYS BEFORE THE TEST:

- Stop taking iron tablets but continue all other medications.

THREE DAYS BEFORE THE TEST

- Stop taking medications such as codeine or loperamide and stool bulking agents such as Fybogel, as these can reduce the effectiveness of the preparation.

FROM TWO DAYS BEFORE THE TEST:

YOU MAY EAT ONLY LOW RESIDUE FOODS FROM THE 'FOOD ALLOWED LIST' BELOW.

DRINK PLENTY OF CLEAR FLUIDS FROM THE 'LIQUID ALLOWED LIST'.

- It is very important that you drink lots of fluid as it helps flush the bowel contents out and will improve the effect of the laxative. It will also prevent you from becoming dehydrated.

Foods allowed (small quantities)	Foods not allowed
<ul style="list-style-type: none">• Tender lean meat, poultry, liver, ham, kidney, fish• Fruit flavoured or set yoghurt• Potatoes – boiled, mashed, roast or chips (no skins)• Well cooked carrots, turnip or swede• Soft tinned fruit in natural juice, except those with pips• Jelly (not red)• White bread, white flour, white rice and pasta• Eggs, plain scone (no fruit)•• Water biscuits, cream crackers, Rich Tea, plain sponge cake• Jelly jam (not red), jelly marmalade, honey, syrup	<ul style="list-style-type: none">• All fruit not listed on the left• All vegetables not listed on the left• Tough, fibrous meat, hamburgers, beef burgers, sausages, faggots• Sausage rolls, pasties, pies and pastries• Whole fruit yoghurts, muesli yoghurt• Jacket potatoes where skins are eaten• Baked beans• Thick vegetable soup• Wholemeal and granary bread• Wholemeal flour• Brown rice and whole wheat pasta• High fibre crisp breads, digestives, hob-nobs• Cakes containing dried fruit, nuts or coconut• All nuts, seeds and dried fruit• Jam or marmalade with skin or pips• Peanut butter• All high fibre breakfast cereals, porridge, bran• Cheese, cottage cheese or cheese sauce• Butter, margarine and fats and oils
Liquids allowed	
<ul style="list-style-type: none">• Water• Consommé or strained soup• Tea, coffee (no milk), Bovril• Tomato juice, strained fruit juices• Squash and fizzy drinks (not red)	

DAY BEFORE THE TEST

ONCE YOU START THIS PREPARATION, YOU MAY NOT EAT ANY MORE SOLID FOOD!

If you are taking any of the following, stop these today, as they may cause kidney upset when taken with bowel preparation:

ACE inhibitors (eg ramipril, lisinopril) or ARBs (eg losartan, valsartan)

Restart after 72 hours

NSAIDs (eg ibuprofen, diclofenac)

Restart after 72 hours

Diuretics (eg frusemide, spironolactone)

Restart after 24 hours

If you have a morning appointment, start the instructions at midday the day before.

Time	Day before test	Please tick as drunk
12.00pm	Liquid lunch: (i.e. clear soup, juice etc) from the 'allowed liquids list' only.	
4.00pm	Dissolve the contents of the 1st sachet of Klean Prep in 1 litre of water and stir until completely dissolved. You may add cordial of any flavour except those that are dark or red in colour. Drink it over 90mins.	<input type="checkbox"/>
6.00pm	Make up the 2 nd sachet of Klean Prep as before and drink over 90mins.	<input type="checkbox"/>
8.00pm	Make up the 3 rd sachet of Klean Prep as before and drink over 90mins.	<input type="checkbox"/>
9.30pm on	Diet supper: Clear soup or Bovril only. No solid food. Continue to drink plenty of fluids. You can go to bed when you stop going to the toilet.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Day of test		
5.00am	Make up the 4 th sachet of Klean Prep as before and drink over 90 mins. Continue with clear fluids only. No solid food until after your appointment, UNLESS YOU ARE HAVING A GASTROSCOPY ALSO, IN WHICH CASE YOU MUST STOP DRINKING 4 HOURS BEFORE YOUR TEST.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

If you have an afternoon appointment, start the instructions from 1pm the day before.

Time	Day before test	Please tick as drunk
1.00pm	Liquid lunch: (i.e. clear soup, juice etc) from the list of permitted foods only.	
5.00pm	Dissolve the contents of the 1st sachet of Klean Prep in 1 litre of water and stir until completely dissolved. You may add cordial of any flavour except those that are dark or red in colour. Drink it over 90mins.	<input type="checkbox"/>
7.00pm	Make up the 2 nd sachet of Klean Prep as before and drink over 90mins.	<input type="checkbox"/>
8.00pm on	Diet supper: Clear soup or Bovril only. No solid food. Continue to drink plenty of fluids. You can go to bed when you stop going to the toilet.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Day of test		
7.00am	Make up the 3 rd sachet of Klean Prep as before and drink over 90mins.	<input type="checkbox"/>
9.00am	Make up the 4 th sachet of Klean Prep as before and drink over 90 mins. Continue with clear fluids only. No solid food until after your appointment, UNLESS YOU ARE HAVING A GASTROSCOPY ALSO, IN WHICH CASE YOU MUST STOP DRINKING 4 HOURS BEFORE YOUR TEST.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

