

## Patient information factsheet

# Bowel preparation using KleanPrep (afternoon procedure)

We have given you this factsheet to explain how to use KleanPrep bowel preparation before your colonoscopy or flexible sigmoidoscopy.

Please make sure you read this information and follow the instructions carefully before your procedure. If you do not follow these instructions, we may have to cancel your procedure.

Please ignore the 'How to take KleanPrep' section of the manufacturer's information leaflet that comes with the medication. You should only follow the instructions in this leaflet.

### Why do I need to take the bowel preparation?

Your bowel must be emptied of waste material to ensure the endoscopist can see clearly when you have your procedure. It is important that you follow the advice and preparation schedule correctly. If your bowel is not properly prepared, your procedure may be unsuccessful or we may have to cancel it.

### What is KleanPrep?

KleanPrep is a laxative used to clear the bowel before your colonoscopy or flexible sigmoidoscopy. It comes as a powder that you mix with cool water.

### What to expect

While you are taking KleanPrep, you should expect frequent bowel actions and eventually diarrhoea. Please be aware that you may experience urgency and you won't be able to control your bowel movements, so you may need additional protection. Please make sure you are near a toilet once you have started taking your bowel preparation.

It is also normal to have some cramping in your tummy. You can apply a barrier cream, such as Vaseline or Sudocrem, and use moist wipes gently after each bowel action to reduce any soreness which can develop around the anus.

You can help to reduce nausea and make KleanPrep more palatable by keeping the mixture cold, adding a little squash and drinking it through a straw.

It's normal to feel some nausea, but if you start to vomit, contact the endoscopy department (using the contact details at the end of this factsheet).

### If you have diabetes

Please see our separate diabetes advice sheet.

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## How to take KleanPrep (diet, drink and medications advice schedule)

There are two different types of KleanPrep; one type contains four sachets and the other type contains eight sachets. The active ingredients are exactly the same in both types. The only difference is how they need to be prepared. Please follow the instructions below depending on which type of KleanPrep you receive:

### If you receive the KleanPrep that contains four sachets

For each dose, you will need to mix the contents of one sachet into one litre (just under two pints) of cool water.

### If you receive the KleanPrep that contains eight sachets

There will be four sachets labelled 'sachet 1 (active ingredient)' and four sachets labelled 'sachet 2 (flavouring)'. For each dose, you will need to mix the contents of one sachet labelled 1 and one sachet labelled 2 into one litre (just under two pints) of cool water.

Please follow the instructions below, starting seven days before your procedure. You may want to tick each step as you complete it. Make sure you finish all the KleanPrep even if your motions are already liquid and clear.

| Day                          | Time  | Diet, drink and medications schedule  | Completed |
|------------------------------|---|---|-----------|
| Seven days before procedure  |   | Stop taking all iron supplements, but continue other medications.   |           |
| Four days before procedure   |   | Stop taking any constipating medicines, such as Lomotil, Imodium (loperamide) and codeine phosphate, but continue other medications.  |           |
| Two days before procedure    |   | Stop eating items on the 'Foods to avoid' list (see next page), such as fruit, green vegetables, cereals, baked beans and brown bread. Choose foods from the 'Recommended foods' list only (see next page). |           |
| One day before procedure     | 7 to 8am  | Breakfast from the 'Recommended foods' list.  |           |
|                              | 12 noon   | Light lunch from the 'Recommended foods' list.  |           |
|                              | 2pm   | Prepare the first dose of KleanPrep according to the instructions above. Drink this over one to two hours.  |           |
|                              | <b>Do not have any more food from now on.</b><br>You may have clear fluids or strained soup only (see next page). |   |           |
|                              | 6pm   | Prepare the second dose of KleanPrep according to the instructions above. Drink this over one to two hours.   |           |
|                              | 9pm   | Prepare the third dose of KleanPrep according to the instructions above. Drink this over one to two hours.  |           |
| On the day of your procedure | 7 to 8am  | Prepare the fourth dose of KleanPrep according to the instructions above. Drink this over one to two hours. You can take any essential medications with the last mouthfuls of KleanPrep.                    |           |
|                              | 8am   | You can continue to sip on water.   |           |
|                              | <b>Stop all fluids two hours before your appointment.</b>   |   |           |

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## Foods to avoid

From two days before your procedure, avoid:

- tough, fibrous meat, hamburgers, beef burgers, sausages and faggots
- sausage rolls, pasties, pies and pastries
- whole fruit and muesli yoghurts
- jacket potatoes (specifically the skin)
- all green vegetables, and all vegetables not mentioned on the 'Recommended foods' list
- baked beans
- thick vegetable soup
- tomatoes, corn or peas
- wholemeal, seeded or granary bread
- brown rice, wholemeal flour and whole wheat pasta
- high fibre crisp breads and biscuits such as digestives and 'Hob-nobs'
- cakes containing dried fruit, nuts or coconut
- all nuts and dried fruit, or anything else with pips
- peanut butter
- jam or marmalade with skin or pips
- all high fibre breakfast cereals, porridge and bran
- cheese, cottage cheese or cheese sauce
- butter, margarine, fats and oils

## Recommended foods

From two days before your procedure, until the beginning of your bowel preparation, you can eat:

- tender, lean meat, such as poultry, ham, liver or kidney
- fish
- potatoes without skins which can be boiled, mashed, roasted or chipped
- eggs
- well-cooked cauliflower florets (without stalks), carrots, turnip or swede
- consommé or strained soup
- clear jelly (not red) without fruit
- white bread, white rice and easy-cook pasta
- water biscuits, cream crackers and 'Rich Tea' biscuits
- plain sponge cake or plain scones without fruit
- jam and marmalade without skin or pips
- black tea or coffee (with or without sugar)
- water, squash or fizzy drinks
- Rice Krispies

## Clear fluids

Once your bowel preparation has started, you can have:

- water
- black tea or black coffee
- consommé
- clear or strained soup
- cola, lemonade or other fizzy drinks in small quantities
- strained, diluted, smooth fruit juices
- squash
- yeast or beef extract drinks, such as Bovril

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## Getting here

Car parking spaces at Southampton General Hospital are limited during peak times so please allow extra time before your appointment. We recommend that you consider coming by public transport or taxi if you can.

## Contact us

Endoscopy  
E6  
E level  
West Wing  
Southampton General Hospital  
Tremona Road  
Southampton  
SO16 6YD

If you are unable to attend your appointment, please call the endoscopy booking office on telephone: **023 8120 6066** to rearrange your appointment.

If you are a patient at one of our hospitals and need this document translated, or in another format such as easy read, large print, Braille or audio, please telephone **0800 484 0135** or email **patientsupporthub@uhs.nhs.uk**

For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit **www.uhs.nhs.uk/additionalsupport**

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