

Taking your Klean-Prep

Gemini Endoscopy Suite
Tel: 01271 349180

Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language, please contact the PALS desk on 01271 314090 or at rduh.pals-northern@nhs.net.

One day before colonoscopy

Preparing your bowel with Klean-Prep

Have a light lunch around **midday** then STOP EATING solid food until after your colonoscopy. Wait two hours before starting your bowel prep. You may drink from the permitted fluids list during this time.

Take 1st sachet at **2pm**, 2nd sachet at **4pm**, 3rd sachet at **6pm** and last sachet at **8pm**.

Instructions for taking Klean-Prep

1. Empty the contents of one sachet of Klean-Prep into 1 litre (1³/₄ pints) of water.
2. Stir until the solution is clear. You may flavour the klean-Prep with squash if you wish.
3. Bowel prep can be stored in the refrigerator for up to 24 hours, it should then be discarded.
4. Drink 1 glassful (½ pint or 250mls) of Klean-Prep about every 15 minutes until you have drunk it all. You may try drinking it through a straw.
5. Make up and take the next sachets in the same way. You should be starting to have watery bowel movements so stay near a toilet.
6. The effects of the bowel prep may give you a sore bottom. To help prevent this, use a barrier cream such as Sudocrem, zinc and castor oil, or any type of nappy cream. Apply the cream to the appropriate area before starting the bowel prep. Use moist toilet / baby wipes to clean with. These can also be stored in the fridge to provide a soothing effect if soreness occurs.

Possible side-effects of preparations

Like all medicines, Klean-Prep can have side effects, although not everybody gets them.

When taking Klean-Prep, feeling sick, a feeling of fullness in your stomach, bloating and wind may all be experienced. You may also experience abdominal cramps, vomiting or soreness of the anus (bottom). If you get a feeling of nausea (feeling sick), swelling of the stomach or stomach pain, or you start to vomit, you should drink Klean-Prep more slowly or stop drinking it for a few minutes until you feel better.

PLEASE NOTE: Do not take any other medicine by mouth within one hour of taking Klean-Prep, as it will probably be flushed out before it has time to work.

Other side effects include:

- People can be allergic to Klean-Prep. You may experience:
 - itchy skin rash (nettle rash or hives) or reddening of the skin
 - swelling of the face, lips, tongue and throat
 - difficulty in breathing and become breathless

If you experience any of these reactions, you should contact a doctor immediately for advice.

- Convulsions (fits), confusion/disorientation linked with extremely low levels of sodium in the blood
- Dehydration or feeling thirsty
- Headaches or dizziness
- Shivering or fever
- Malaise (general unwellness)
- Irregular heartbeats, palpitations or brief increase in blood pressure

If any of the side effects become serious, contact the Endoscopy Unit on 01271 349180 or ring your GP for advice. Outside of normal working hours, when your GP surgery is closed, call 111; only call 999 in an emergency.

The day of your colonoscopy

On the day of your examination continue to drink clear fluids until 2 hours prior to your colonoscopy appointment. For those 2 hours it is necessary to remain **nil by mouth** until after your procedure.

Further information

If you have any queries or concerns about your colonoscopy, please do not hesitate to contact the Gemini Endoscopy Suite.

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email rduh.pals-northern@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

Have your say

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Tell us about your experience of our services. Share your feedback on the Care Opinion website www.careopinion.org.uk.

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