



Phoenix
Health
Solutions

PATIENT INFORMATION

Bowel Preparation – Klean Prep



PHOENIX HEALTH SOLUTIONS LTD KLEAN PREP BOWEL PREPARATION

Please read all the following instructions carefully as soon as you receive them. These instructions tell you how to prepare your bowel before your colonoscopy or flexible sigmoidoscopy.

If you do not follow these instructions carefully, your bowel may not be clean enough for us to see clearly and your test may have to be abandoned.

Medication

You can usually continue any medication you take as normal, with the following exceptions:

- If you take iron tablets (ferrous sulphate, ferrous gluconate etc), please stop taking them four days before your examination.
- If you take Warfarin, please stop taking them five days prior to your procedure.
- If you take an oral contraceptive pill, you should take additional contraceptive precautions as Klean Prep may decrease the effectiveness of the pill.

How to take Klean Prep

Take your preparation in the following way:

The day before your examination:

1. You should start taking Klean Prep at 12 midday the **day before** the examination.
2. No food after 10am, including milk or soups.
3. We suggest you drink plenty of clear (transparent) fluids during this time (e.g. weak black tea/coffee, clear soft drinks/water) to prevent dehydration.
4. If you cannot see through the liquids you drink, or if you have eaten, we will not be able to perform the test. **You must not drink milk or soups**
5. You may suck glucose tablets up to 8pm on the night before the test if you wish.

TAKING YOUR KLEAN PREP

Please follow the steps below in taking Klean Prep:

1. Empty the contents of one sachet of Klean Prep into 1 litre of cold water and stir until the powder is dissolved.
2. Drink 1 glassful (250mls) of the Klean Prep solution every 10-15 minutes until all of the solution is consumed, which should be within 1 hour. You may find the solution more palatable if you add cordial and chill the liquid (but do not use blackcurrant cordial),
3. Drinking through a straw can help. **Drink plenty of water or clear fluid to keep yourself hydrated.**

Repeat the previous steps with the second and third sachets. After the third



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sachet, leave a 1 hour gap, then take the 4th sachet as instructed above.

Remember that Klean Prep is designed to cleanse your bowel of its contents. The first bowel movements will probably occur within 1-2 hours of starting to drink the Klean Prep solution, but can sometimes take slightly longer. You will need to stay indoors near a toilet when taking the preparation as your bowel movements can be frequent and quite urgent.

Sometimes the preparation can make you feel sick. If you feel that you cannot manage any more preparation, or if you have not opened your bowels after taking 2 sachets, take sips of water until your bowels are opened. Then continue with the preparation.

If you develop abdominal pain, contact your doctor or Endoscopy Unit for further advice.

It is essential to drink clear fluids as well as the solution to prevent dehydration.

