University Hospitals Dorset
NHS Foundation Trust

Preparation for colonoscopy with KleanPrep:
morning appointment

Endoscopy Department Patient Information

Please follow the advice carefully to ensure an empty bowel which will allow for a complete and thorough examination.

Seven days before your colonoscopy:

If you take iron tablets (e.g. ferrous sulphate, ferrous fumarate) or stool bulking agents (e.g. Fybogel, Ispaghula Husk) please stop taking them until after your colonoscopy.

Five days before your colonoscopy:

If you take medication to control diarrhoea (e.g. loperamide) please stop taking it until after your colonoscopy. Continue to take your other regular medication, including laxatives.

Two days before your colonoscopy:

Please eat **low fibre** foods only from now until after your colonoscopy. Examples of foods to choose and those to avoid are given in the table below.

Choose (low fibre)	Avoid (high fibre)
Cereals such as cornflakes, Rice Krispies, Ricicles, Frosties, Sugar Puffs, Coco Pops	All Bran, Wheat Bran, Weetabix, Shredded Wheat, Branflakes, oat bran, muesli, Ready Brek, porridge, granola
White bread/rolls, white wraps, white pitta, white naan or chapatti, crumpets	Wholemeal, high fibre white ('Best of Both'), softgrain, granary, or oatmeal bread products
White pasta or noodles, white rice, cous cous	Wholemeal pasta or noodles, brown rice
White flour, white breadcrumbs or batter	Wholemeal or granary flour, wheatgerm
Chicken, turkey, fish, cheese, eggs (including plain omelettes)	All red meats, including foods containing red meat such as burgers, sausages, ham
Clear or sieved soups (consommé or Bovril)	Chunky vegetable, lentil or bean soups
Potato flesh, boiled or mashed potato, crisps	Potato skins, jacket potatoes
Fruit juice with no 'bits' or pulp, cordial, squash herbal or fruit tea (i.e. chamomile)	All fruits and vegetables, smoothies, salads

Choose (low fibre)	Avoid (high fibre)
Milk, cream, custard, ice cream, jelly, lollies, milk puddings (e.g. crème caramel, semolina, rice pudding, tapioca, sago, blancmange) smooth mousse or yoghurt, crème fraiche	Yoghurts containing pieces of fruit/grains
Sponge cake, Madeira cake, rich tea biscuits, wafers, shortbread, waffles and pancakes made with white flour	Any cakes or biscuits made with wholemeal flour, nuts, fruit or grains (fruit cake, Ryvita, digestives or HobNobs)
Honey, lemon curd, golden or maple syrup, jams or marmalades containing no 'bits', Marmite, smooth peanut butter	Jam or marmalade with pips, skins or seeds, crunchy peanut butter, snacks containing nuts or fruit (muesli bars)
Salt, sugar, fine ground pepper, vinegar, mustard, gelatine, ground or dried herbs, salad cream, mayonnaise, ketchup, oil, butter	Nuts, Quorn, fresh herbs, fresh ground peppercorns, whole pickles, chutney, hummus

One day before your colonoscopy:

You must only have **clear fluids** from now until after your colonoscopy. You must not eat any food or have any fluids which are not clear during this period.

Clear fluids include the following:

- water
- black tea and black coffee (without milk), herbal or fruit tea (no solids)
- clear, strained soups (consommé, sieved minestrone)
- Oxo, Bovril or Marmite drinks
- clear jellies (**not** red or purple)
- clear fruit squashes and cordials (not red or purple)
- clear fruit juice (such as apple or white grape)
- boiled sweets (**not** red or purple)
- clear fizzy drinks are okay (**not** red or purple) but can make you feel bloated

At **7am** empty the contents of **one** sachet of KleanPrep into a jug containing one litre (1 ¾ pints) water. Stir until the powder is completely dissolved. KleanPrep has a vanilla flavor - it is okay to flavour it with a clear squash or cordial if you don't like the taste. You may find it more palatable if you chill it in the refrigerator. Some people find it easier to drink it through a straw.

Drink the contents of the jug over an hour. Do not gulp or rush, take your time. If you feel sick, slow down and try to drink half a cup at a time until it is gone.

Repeat this procedure with a second sachet.

Allow one or two hours for KleanPrep to start working. The effects of the KleanPrep mean that you will need easy access to a bathroom. You will find that your stool (poo) becomes more watery and clearer, each time you open your bowels.

At **7pm** take the **third**, followed by the **fourth**.

A separate information sheet is enclosed containing advice about taking medication. Remember to take any medication at least an hour before or after each dose of KleanPrep.

It is important to drink at least 500ml (half a litre or about a pint) of clear fluid in addition to each litre of KleanPrep to avoid becoming dehydrated.

The day of your colonoscopy:

Continue to drink plenty of **clear fluids** until **two hours before your appointment**, then nothing until after your colonoscopy.

Please remember to bring a list of your medication and allergies with you when you come in. Your GP receptionist can provide you with a printed list if necessary.

Contact numbers:

Royal Bournemouth Hospital Endoscopy Department:
0300 019 4668 (Monday - Friday 8am - 6pm)

Poole Hospital Endoscopy Department:
0300 019 2772 (Monday - Friday 8am - 6pm)

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