

Information on colonoscopy preparation with Klean-Prep (8 am to 2 pm)

Colonoscopy preparation - morning appointment –

If you are unable to keep your appointment for colonoscopy please let us know at least 48 hours beforehand (Tel.: 0221 92 16 080).

Please keep to the following instructions and ignore the directions on the Klean-Prep packaging!

During the 5 days prior to the colonoscopy:

Do not eat any fruit or vegetables containing small pips or seeds (e.g. grapes, kiwis, strawberries, tomatoes, cucumbers, courgettes etc.) Remember that these fruits can also be contained in yoghurt or jam. Do not take any substances that expand or swell (e.g. bran, linseed, certain bowel regulating substances such as Agiocur or Metamucil). If you need any of these substances to aid digestion, please use laxative suppositories instead during this time (e.g. Docolax). Avoid all foods with a high fibre content, such as wholemeal bread, wholemeal rolls or muesli. Stop taking all iron preparations. In addition to this do not eat lettuce, spinach, mushrooms or peppers during the last 2 days before the examination!

On the day before the examination

Breakfast: your usual breakfast – no wholemeal products however.

Lunch: a small, light meal taken before 1 pm at the latest. No lettuce or salad!
We recommend a chicken or fish dish with potatoes or pasta.

NO EVENING MEAL!

5 pm Dissolve 1 sachet of Klean-Prep in 1 litre of lukewarm water and drink a glass of this (250 ml) every 10 minutes. The solution can be prepared beforehand and placed in the fridge to cool down. To avoid the salty taste on the tongue it is recommended to drink the solution through a straw. The taste is more pleasant if up to 5 effervescent multi-vitamin tablets per litre are added to the solution.

6 pm Repeat the instructions for 5 pm

8 pm Repeat the instructions for 5 pm

In addition to this please note:

2-3 litres of additional liquid should be drunk between 5 pm and 9 pm. Plain water, camomile, herbal or fruit tea, clear stock or very diluted clear apple juice are allowed. You may drink a glass of white wine or beer during the evening!

Do not drink coffee, black tea, fruit juices, fizzy drinks or milk products.

On the day of the examination

NO BREAKFAST!

3 hours before the examination please drink the 4th sachet of Klean-Prep in the same way as at 5 pm the previous evening. You may drink as much as you like of the permitted liquids listed above. You may also drink one cup of coffee or black tea in the morning.

Please turn over!

Further important information:

- ▶ Should you wish for a sedative injection for the examination, please remember that you are not allowed to drive for the rest of the day. In this case do not drive yourself to the examination. You will need to stay in the practice for approx. 2 hours.
- ▶ In exceptional cases it may be necessary to administer further laxative measures in the practice if the bowel has not been adequately cleansed. You may then need to stay in the practice for 3 - 4 hours.
- ▶ Wear an incontinence pad during the night as protection in case of uncontrolled bowel movements.
- ▶ Bowel cleansing may cause redness or soreness in the anal region. In this case healing ointment or Vaseline can be applied.
- ▶ We request wearers of contact lenses to wear glasses on the day of the examination.
- ▶ It is recommended to bring a change of underwear!
- ▶ Patients taking insulin may not inject themselves in the morning before the examination. For this reason we ask you to eat your usual breakfast in the practice **after** the examination. A member of staff can give you your injection if you wish. Glucose can be taken in the morning if necessary during the cleansing process.
- ▶ Contraception: the regular taking of oral contraceptives can be continued during the preparation for colonoscopy. However, please note that adequate protection cannot be guaranteed due to the bowel cleansing agents. We recommend using additional contraceptive measures until the end of the cycle!
- ▶ We recommend female patients who expect their monthly period on the day of the examination to wear a tampon.
- ▶ Patients with a stoma (colostomy) should bring a sufficient number of replacement bags with them. We recommend using open-ended bags for the bowel cleansing process. Please bring the last used bag with you to the practice.

Our staff will be pleased to help you if you have further questions.