

KLEAN –PREP Instructions for patients attending for Colonoscopy

The day before your examination

08.00hrs -You may have a light breakfast of tea /coffee and a slice of toast.

12.30hrs - You may have a light lunch consisting of one portion of chicken or fish, one potato, and vegetables. Do not eat again until after your examination.

Please note - No food may be eaten after your lunch until your examination is over - you are allowed clear liquids only (i.e. tea, coffee, Bovril, clear soup etc)

How to prepare and take Klean Prep (4 sachets)

- 1. At 16:30hrs:** Dissolve the contents of 3 sachets of Klean Prep into 3 litres of cold tap water, to make up a total of 3 litres of the solution. This is much more palatable if kept chilled, and you can add flavours such as lime, lemon or orange cordial. **NB: No blackcurrant / raspberry cordials.**
- 2. At 17:00hrs:** Start to drink the Klean Prep solution - a glassful every 10-15mins. You must drink all 3 litres. Be prepared for frequent bowel movements starting within 3 hours of drinking the solution, so stay near a toilet! You may need to use it urgently.
- 3. At 5:00hrs:** On the morning of your appointment, dissolve the 4th sachet of Klean Prep in 1 litre of cold tap water and drink the entire litre. However, if coming in late morning or afternoon, then please take the 4th sachet at **7:00hrs.**

NB: On the day of your examination, do not eat or drink fluids for 4 hours prior to the appointment, (apart from taking the Klean Prep as directed).

If you have any concerns about taking your bowel preparation or if you experience **severe cramps, vomiting or abdominal swelling**, please contact the Day Unit on **01 206 4326 / 4327** during office hours, or outside of these hours your pharmacist or GP.

<p>NB: Continue to take all medication, including anticoagulants / blood thinners.</p>	<p>If you are DIABETIC and are INSULIN DEPENDANT, it is recommended that you have this procedure performed as an inpatient.</p>
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Please note it is advised that the week before your procedure you do not ingest seeds, tomatoes, corn, beetroot, Iron or any multivitamin containing iron, Ribena, Blackcurrant/Raspberry cordial.