



Klean-Prep® Bowel Preparation Instructions for Patients with Cystic Fibrosis Attending for Colonoscopy – Morning Appointment

Version No: 1 Q Pulse PPC-PHARM-453

Replaces Version No: N/A

Page 1 of 2

Patient Information Leaflet

Klean-Prep® Bowel Preparation Instructions for Patients with Cystic Fibrosis Attending for Colonoscopy Morning Appointment (08.00 – 11.00)

These are instructions on how to prepare for your colonoscopy

For an examination of the large bowel (colonoscopy) the bowel must be empty so the bowel wall can be clearly seen. It is very important that you follow these instructions carefully to ensure your examination is a success and your test can be fully completed.



You will be given a prescription for bisacodyl (Dulcolax®) 5 mg tablets and Klean-Prep® bowel cleansing solution to get from your community pharmacy. This combination is designed to cleanse your bowel for the procedure, to allow clear viewing of the bowel.

Klean-Prep® will cause diarrhoea. It is advisable to not attend work on the day before and the day of your procedure. You may experience cramping and bloating whilst taking the preparation and this is normal. If you are having some difficulty drinking Klean-Prep®, slow down but finish drinking all of it for maximum effect.

Advice for **regular medication in the week before** your test:

- **Stop** taking any **iron** tablets or **multivitamin** tablets at least 7 days before your test.
- **Stop** taking any **antidiarrheal** medications at least 5 days before your test, e.g. Loperamide, Imodium®, Arret®, Lomotil® or Codeine Phosphate.
- If you are taking Warfarin, Dabigatran (Pradaxa®), Apixaban (Eliquis®), Rivaroxaban (Xarelto®), or Edoxaban (Lixiana®) or other **blood thinning** medications, please seek advice from the GI Unit directly in the week before your test.
- If you are on treatment for **diabetes** either tablet medication or **insulin** please speak to your GP, the Diabetic clinic or the Transplant clinic you attend for specific advice as prolonged periods of fasting may be dangerous for you. Provide the clinic with at least 5 days of blood sugar readings so that staff can calculate the insulin dose you might require.
- If you are on a **fluid restricted diet** for heart or kidney disease, please continue to adhere to it by adjusting the amount of additional fluid you drink when you are also taking Klean-Prep®.
- **Continue all your other medication as normal but leave at least 1 hour between taking your medication and Klean-Prep®.**

On the **three days before** your colonoscopy, eat a low fibre diet:

<p><u>DO try to eat a low roughage diet from the list below:</u></p> <ul style="list-style-type: none"> • Plain fish, chicken or ham • Peeled potatoes • Well-cooked carrots, turnip or swede • Eggs • Plain Cheese • White bread & butter • White rice & pasta • Tinned fruit • Plain biscuits or crackers • Jelly (not red jelly) 	<p><u>DO NOT eat the following foods:</u></p> <ul style="list-style-type: none"> • Red meat, e.g. beef, burgers • Sausages • Brown bread or any bread with wholemeal flour • Fruit, vegetables • Nuts, pulses, seeds • High fibre cereals, porridge or bran • Muesli yoghurts • Stews or juice with bits 
--	---

During these three days drink at least 2 litres of **extra fluids** unless you are fluid restricted. If you are restricted please adhere to your restricted amount. If you take regular laxatives continue taking them as normal but switch to Klean-Prep® the day before the procedure.



Klean-Prep® Bowel Preparation Instructions for Patients with Cystic Fibrosis Attending for Colonoscopy – Morning Appointment

Version No: 1 Q Pulse PPC-PHARM-453

Replaces Version No: N/A

Page 2 of 2

Two days before the colonoscopy

- Take bisacodyl (Dulcolax®) 2 x 5 mg tablets at 22.00 before going to bed.

Day before the colonoscopy

Morning time (08.00):

- Eat a **low roughage breakfast** from the options listed in the box above
- Take your regular medications with your breakfast
- **DO NOT EAT** any more solid food for the rest of the day
- Drink as much clear fluids as possible for the rest of the day (see further information on clear fluids below). If you are a diabetic drink the most appropriate fluids and monitor your blood sugars during the day. Be aware of what drinks you can take if your blood sugars are low.

Clear fluids include: Water, juices without pulp, clear fizzy drinks, black tea and coffee, Bovril®, Lucozade®, clear soup without any bits in it. You can drink these to keep your strength up.

NO MILK or milk based drinks.

Midday (12.00)

- Dilute one sachet of Klean-Prep® in one litre of cold water. Drink a glass every 5-10 minutes until finished.
- Once you have completed the first litre of Klean-Prep®, drink at least 500 ml of fluids from the list above.

Afternoon (16.00)

- Repeat as above.

Evening (19.00)

- Repeat as above.

Night time (22.00)

- Repeat as above.
- If you are thirsty during the night you can drink some fluids but your stomach must be empty for 4 hours before your appointment time.

Please take your medication at least 1 hour before you drink any Klean-Prep®. If you take your medication at a specific time you can be slightly flexible with the Klean-Prep® times.

On the morning of your colonoscopy

- Do not eat any solid food
- You can continue to drink clear fluids but you must **stop drinking fluids 4 hours before your scheduled appointment time**
- If you are a diabetic, attend the GI Unit at 08.00 or as early as possible and advise reception staff on arrival that you are diabetic
- **DO NOT TAKE your diabetes medication** of any insulin on the morning of the test but **bring it with you** to the hospital. Check your blood sugar level before you leave home on the morning of your colonoscopy.
- Take any other **regular medication** that you usually take in the morning with a small sip of water

After the test is completed

- We will give you something to eat and drink after the procedure is completed.
- If you are a diabetic, you can then take your diabetes medication.
- You will be given sedation for the procedure so you **must** arrange for someone to collect you **directly from the GI Unit, Level 4, Whitty building**
- If you are taking the contraceptive pill, please use extra precautions with a barrier method, e.g. condoms, in the week following administration of Klean-Prep®

Contact Details: GI Unit, Level 4, Whitty Building, MMUH

Tel: 01-8032499 / 01-8032490 / 01-8034034