

Bowel cleaning instructions for Klean-Prep

3 days before the examination

To help the bowel preparation to work effectively, you will need to start to eat a low fibre diet (see list overleaf).

Do not eat high fibre foods, red meat, pastry, fried food, fruit, vegetables, chips, cakes, biscuits, cereals, nuts, salad and wholemeal foods.

Clear fluids include water (fizzy or still), tea and coffee without milk, herbal tea, fizzy drinks, fruit squash (NOT BLACKCURRANT), Bovril, fruit juice without bits.

HOW TO TAKE THE BOWEL PREPERATION

Dissolve 1 sachet of Klean prep in 1 litre (1¾ pints) and drink 250mls every 10-15 minutes until finished. You can add clear fruit cordial/squash e.g. lemon, orange, lime. Do not add red or blackcurrant cordial. Sucking a boiled sweet can help if the flavour is not to your liking.



Please ensure that you continue to drink additional fluids throughout the preparation time. This ensures the bowel is adequately cleansed and helps to prevent dehydration.

Klean prep will cause frequent loose bowel movements any time after taking a dose. Stay within easy reach of a toilet. It is normal to experience some intestinal cramping. If there has been no result after the 1st dose please still continue on to take the next doses. **YOU MUST TAKE A MINIMUM OF 3 DOSES SEE BELOW**

Using Vaseline or a barrier cream on your bottom will help to prevent soreness.

3 days before	Day before	Day before	Day before	Day before		Day before
Start low fibre diet	<ul style="list-style-type: none"> Light breakfast from list No food after 10am Clear fluids only 	<ul style="list-style-type: none"> 12 noon 1st dose of klean prep 	<ul style="list-style-type: none"> 2pm 2nd dose of Klean prep 	<ul style="list-style-type: none"> 4pm 3rd dose of Klean prep 	If bowel motions have become watery and clear you do not need to take the 4th dose	<ul style="list-style-type: none"> 6pm 4th dose of Klean prep

Low fibre foods

 Choose	 Do not eat
Cereals: Cornflakes, Rice Crispies, Ricles, Sugar Puffs, Coco Pops	Wheat Bran, All Bran, Weetabix, Shredded Wheat, Oat Bran, Branflakes, Wheatflakes, Muesli, Ready Brek, Porridge
White bread (you may use small amount of butter / margarine)	Wholemeal, high-fibre white, soft grain or granary bread, oatbread
White pasta, white rice, noodles	Wholemeal pasta, brown rice
White flour	Wholemeal or granary flour, wheatgerm
Potatoes (no skin)	Fruit and vegetables
Chicken, turkey, white fish, cheese and eggs	All red meats, pink fish
Milk puddings, mousse, jelly (not red), sponge cakes, madeira cake, Rich Tea, marie or wafer biscuits	Those containing wholemeal flour, oatmeal, nuts, dried fruit, etc. Fruit cake, Ryvita, Digestives or Hobnob biscuits

Sugar, jelly jam, jelly marmalade, honey, syrup, lemon curd.	Jam or marmalade with pips, skins and seeds, sweets and chocolates containing nuts and / fruit, Muesli bars
Clear or sieved soups	Chunky vegetable, lentil or bean soups.
Miscellaneous: Salt, pepper, vinegar, mustard, gelatine, salad cream, mayonnaise	Nuts, Quorn, fresh ground peppercorns, houmous

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