



Taking your Klean-Prep

Gemini Endoscopy Suite
Tel: 01271 349180

Patients name: o o o o o o o o o o o o o o o o o

Hospital No: o o o o o o o o o o o o o o o o o

Your appointment is at o o o o o o o . on o o o o o o o o o

Preparing your bowel with Klean-Prep

Have a light lunch around midday then STOP EATING solid food until after your colonoscopy. Wait two hours before starting your bowel prep. You may drink during this time.

Take Klean-Prep during the afternoon and evening of the day before your appointment. This will take 4 to 6 hours altogether. Alternatively, administration may be divided, for example, taking 3 sachets during the evening before the examination and the remaining 1 sachet on the morning of the examination.

Suggested times: 1st sachet at 2pm, 2nd sachet at 4pm, 3rd sachet at 6pm and last sachet at 8pm.

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6. The effects of the bowel prep may give you a sore bottom. To help prevent this, use a barrier cream such as Sudocrem, zinc and castor oil, or any type of nappy cream. Apply the cream to the appropriate area before starting the bowel prep. Use moist toilet / baby wipes to clean with. These can also be stored in the fridge to provide a soothing effect if soreness occurs.

If you have any queries or concerns about your colonoscopy, please do not hesitate to contact the Gemini Endoscopy Suite.

Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of the staff or the PALS team in the first instance.

Feedback forms are on all wards or online at www.northern-devon.nhs.uk.