

Endoscopy department

# How to take bowel prep (Klean-Prep)

## Information for patients, relatives and carers

### Introduction

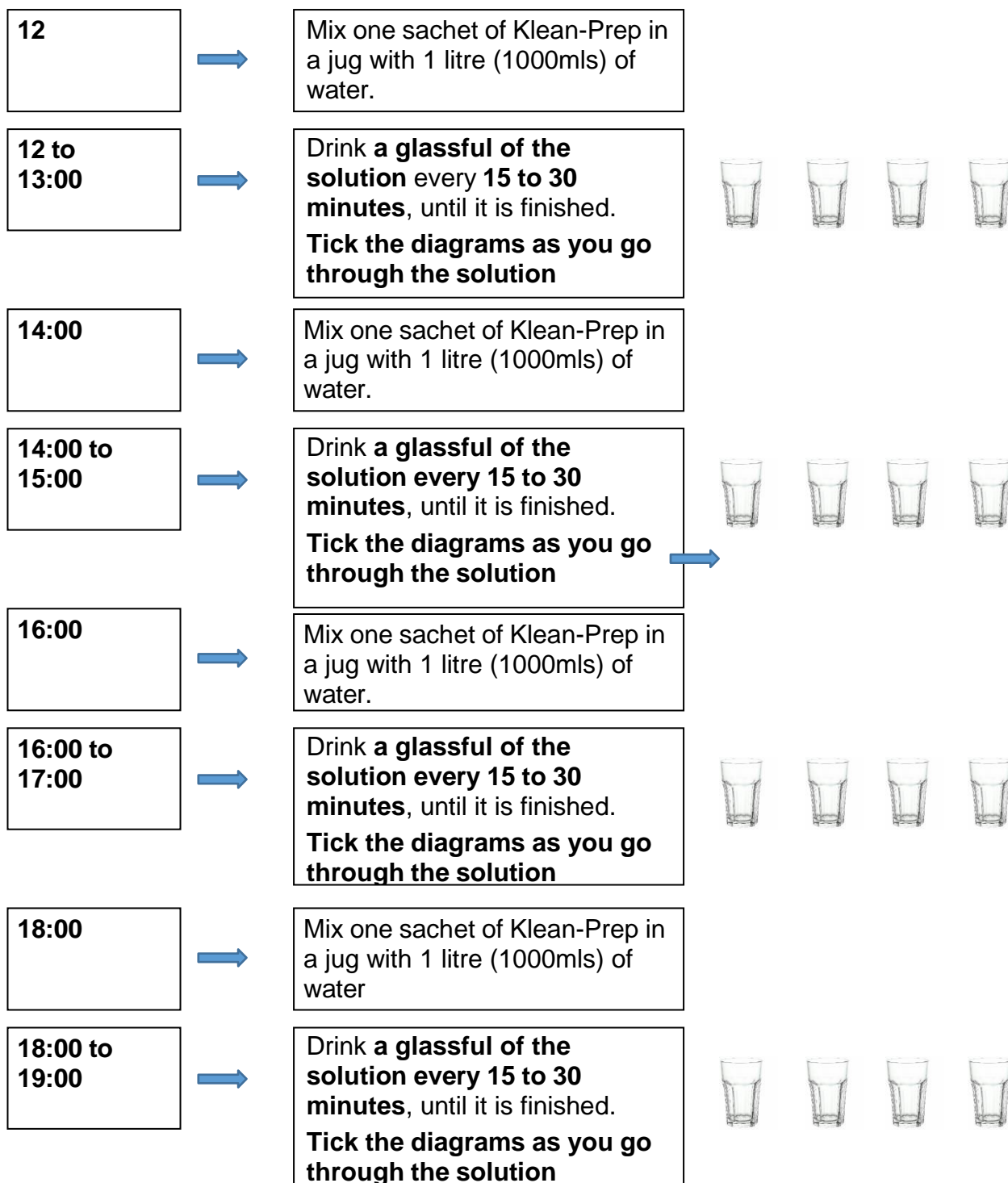
You have been prescribed Klean-Prep as a laxative to empty your bowel in preparation for your colonoscopy. As Klean-Prep has very little taste, it is better taken cold from the fridge. You may wish to add clear fruit cordial, such as orange or lime squash, to make it more pleasant to drink.

If you experience nausea, vomiting or abdominal (tummy) pain, please contact the endoscopy department using the numbers on the front of this leaflet and ask to speak to a nurse.

Please see the tables below for instructions on taking Klean-Prep

## If you have been prescribed **Klean-Prep** and your appointment is in the morning



Start the Klean-Prep at midday – 12:00 noon – the day before your procedure



If you have an **afternoon** appointment, please use the instructions on the **other side** of this sheet.



## If you have been prescribed Klean-Prep and your appointment is in the afternoon

Start the Klean-Prep at 16:00 the day before your procedure.

16:00	→	Mix one sachet of Klean-Prep in a jug with 1 litre (1000mls) of water	
16:00 17:00	→	Drink a <b>glassful of the solution every 15 to 30 minutes</b> until the litre is finished. Tick the diagrams as you go through the solution.	
18:00	→	Mix one sachet of Klean-Prep in a jug with 1 litre (1000mls) of water	
18:00 19:00	→	Drink a <b>glassful of the solution every 15 to 30 minutes</b> until the litre is finished. Tick the diagrams as you go through the solution.	

## Your last 2 sachets of Klean-Prep are to be taken the next morning

Restart the Klean-Prep at 06.00 on the day of the procedure

6:00	→	Mix one sachet of Klean-Prep in a jug with 1 litre (1000mls) of water	
6:00 7:00	→	Drink a <b>glassful of the solution every 15 to 30 minutes</b> until the litre is finished. Tick the diagrams as you go through the solution.	
7:00	→	Mix one sachet of Klean-Prep in a jug with 1 litre (1000mls) of water.	
7:00 8:00	→	Drink a <b>glassful of the solution every 15 to 30 minutes</b> until the litre is finished. Tick the diagrams as you go through the solution.	

If you have a **morning** appointment, please use the instructions on the **other side** of this sheet.

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## How do I make a comment about my visit?

We aim to provide the best possible service and staff will be happy to answer any of the questions you may have. If you have any **suggestions** or **comments** about your visit, please either speak to a member of staff or contact the patient advice and liaison service (**PALS**) on **020 3312 7777** (10.00 – 16.00, Monday to Friday). You can also email PALS at [imperial.pals@nhs.net](mailto:imperial.pals@nhs.net) The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf.

Alternatively, you may wish to complain by contacting our complaints department:

Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street  
London W2 1NY

Email: [ICHC-tr.Complaints@nhs.net](mailto:ICHC-tr.Complaints@nhs.net)

Telephone: **020 3312 1337 / 1349**

## Alternative formats

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille or in alternative languages. Please email the communications team:  
[imperial.communications@nhs.net](mailto:imperial.communications@nhs.net)

## Wi-fi

Wi-fi is available at our Trust. For more information visit our website: [www.imperial.nhs.uk](http://www.imperial.nhs.uk)

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