



# Patient Information Leaflet

Bowel Preparation  
Using Klean-Prep



Harley Street  
Medical Centre



# Bowel Preparation

## *How do I prepare?*

This preparation is used to completely clean the bowel before your procedure. It is important to achieve a good procedure. If you are not properly prepared, the examination will have to be re-booked.

Do not eat whole grain products, tomatoes, kiwis or grapes for 3-4 days before the day of the procedure. Dairy products are not allowed like cheese, milk, yoghurt and milk products 2 days before the procedure.

You can eat solid foods until 12.00 – 1.00 PM on the day before the procedure. After 4:00 PM on the day before the procedure please start with the bowel prep as described below.

Please stop taking iron products and multivitamins at least 3 days before the procedure.

## ***KLEAN-PREP***

1. Please take 4 Tablets of Dulcolax before you start with Klean-Prep
2. Empty the contents of one (1) sachet of Klean-Prep into 1 liter of water and stir until dissolved.
3. Drink 1 glass of Klean-Prep every 10-15 minutes until all of the solution has been consumed.
4. Repeat steps 1 and 2 with each sachet until all 3 sachets have been taken.
5. You can expect liquid bowel movements to occur within 1-2 hours of starting to drink the Klean-Prep.
6. Take the 4th sachet on the morning of the examination 4 - 5 hours before the procedure.

***Liquid Diet for 16 - 24 Hours Prior To The Procedure:***

You must not eat any solid foods, or any eggs, milk or dairy products. During this time, drink lots of water and clear fluids, including:

- Clear tea
- Clear soup broth
- Lemonade, Sprite, 7up, Ginger Ale
- Apple or grape juice
- Continue to take all of your prescribed medications.
- Continue to drink clear fluids like water or apple juice.
- Please stop drinking fluids at least 2 hours prior to procedure.
- DO NOT drink milk.

***For Diabetics Only:***

If you are diabetic and taking tablets or insulin, follow the advice below:

- Continue to take your medication to control your diabetes after discussion with the physician
- If you are taking Insulin please check with your physician.
- Take the Klean-Prep as instructed.



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