

# Colonoscopy: preparation at home using Kleanprep®

informatie voor patiënten

## Patient information

It is important that you **strictly** comply with the following guidelines before the examination. The colon must be completely clear and clean for this examination as waste material may prevent clear viewing. **Optimum preparation is an absolute must for a successful colonoscopy.**

## NUTRITION

### **STEP 1: From 3 days before the examination**

Avoid foods containing pips such as grapes, kiwis and tomatoes and eat a low fibre diet in accordance with the following guidelines. If you're not sure about a certain food it is advisable not to eat it before the examination.

OK		NOT
White bread, white rusks, white rice, regular pasta, cornflakes (without added fruit or nuts)	<b>Bread, grain and starchy products</b>	Potatoes or potato based dishes, whole wheat products, muesli and grains
Meat, fish or meat products without added gherkin, nuts or onions. Give preference to: fish, chicken filet, turkey filet, steak, roast, pork filet or hamburger Egg or egg preparations Natural quorn, tofu or seitan	<b>Meat, fish, eggs and vegetarian products</b>	Prepared meat or fish salads, heavily spiced or fatty meats such as pâté, pan fried or deep fried meat or fish products Prepared meat substitutes and dried pulses
	<b>Vegetables</b>	All vegetables
Tinned fruit in syrup or juice, e.g. peach, apricot, pear	<b>Fruit</b>	All fresh and dried fruits Tinned pineapple in syrup or juice
Milk and milk products, soya and lactose free products ( <b>without</b> bits of fruit/nuts/muesli/grains) Cheese without nuts or a hard rind	<b>Milk and milk products</b>	All products containing pieces of fruit, nuts, muesli or grains Cheese with nuts or a hard rind
Spreads and cooking fats	<b>Spreads and cooking fats</b>	Oil for deep frying
Cake without fruit, dry biscuits, dextrose	<b>Remaining group</b>	All preparations containing nuts, (dried) fruit or grains
Clear fruit juice without bits, soft drinks, water, sports drinks, coffee and tea, clear soup (without vegetables) or clear broth	<b>Drinks</b>	Alcoholic drinks

### **STEP 2: The day before the examination at 16.00**

Only eat rusks with jam (without pieces or pips), custard, yoghurt (without grains or fruit) or clear broth (without vegetables). Only drink clear liquids as indicated above.

**STEP 3: After the meal at 16.00 do not eat again until after the examination has been carried out.**

Only drink clear liquids as explained above until **4 hours** before the time of the appointment. Do not drink at all thereafter.

## MEDICATION

Kleanprep® is available from your pharmacist without prescription.

### **STEP 1: 1 day before the examination around 18.00**

Mix the first pack of Kleanprep® with 1 litre of water and stir until it becomes a clear liquid.

Drink the liquid within the hour (= 1 glass every 10 to 15 minutes).

Drink at least 1 to 2 litres of additional clear liquid in the following hour (see permitted drinks in the table above).

### **STEP 2: The day of the examination: 5 hours before the time of the appointment:**

Mix the last pack of Kleanprep® (A+B) with 1 litre of water and stir until it becomes a clear liquid.

Drink the liquid within the hour (= 1 glass every 10 to 15 minutes).

## POINTS TO REMEMBER

- ✓ The examination will start as soon as your **stomach has been empty for 4 hours**.
- ✓ Result of good preparation = **watery, pale yellow** (not brown) stools without flecks of debris.
- ✓ Take spare underwear if necessary.
- ✓ Incorrect preparation could result in the following:
  - The examination cannot be carried out.
  - The inspection cannot be completed satisfactorily.
  - There is an increased risk of complications.
  - Therapeutic action such as the removal of polyps is not possible.
  - The anaesthetist may decide not to sedate the patient.

## SCHEMATISCH OVERZICHT



**3 days before the examination:  
Start eating low fibre foods**

**1 day before the examination:  
last meal at 16.00**

**Thereafter only clear liquids**

**4 hours before the examination:  
empty stomach**

**Day of the examination:  
colonoscopy**

**1 day before the examination at 18.00:  
take 3 packs of**

**Day of the examination:  
5 hours before the appointment:  
take last pack of**

**Please do not hesitate to call us direct on 016 34 33 52 with any medical questions in the event of problems. Should you have food related questions or require further information visit [www.uzleuven.be/coloscopie](http://www.uzleuven.be/coloscopie) or send an e-mail to [dieet@uzleuven.be](mailto:dieet@uzleuven.be).**