

# Klean preparation before surgery

**i** **Information for patients**  
Pre-Operative Assessment



**PROUD TO MAKE A DIFFERENCE**

SHEFFIELD TEACHING HOSPITALS NHS FOUNDATION TRUST



It is very important that you have all your bowel preparation. If for any reason you are unable to tolerate this, you **must** inform the nurse on admission to hospital.

**Only follow the fasting instructions in this leaflet and not the generalised ones on your admission letter.**

## **What is Klean prep and why do I need this?**

Klean prep is a drink that cleanses the bowel by increasing the water content of your stools.

This helps to relieve constipation and clear the bowel ready for your surgery.

**It is very important to take this medication. It allows the surgeon a clear view of your bowel and will reduce the risk of infection and serious complications in your bowel after the operation.**

## **Before taking the bowel preparation**

We do advise you to read the patient information leaflet enclosed in your Klean prep packet, before taking your treatment.

It is important to ensure you are not allergic to any of the ingredients in your Klean prep, there are no problems associated with your health, and that it does not react with any other medication that you are taking.

You must also be aware of the side effects of the treatment.

Your regular medications may not be as effective when you are taking Klean prep, as they may be flushed from your system and not be absorbed.

# How do I take Klean prep?

## The day before your examination

Do not eat anything after a low residue lunch.

**2.00pm** Do not eat again until after your examination even if you feel hungry, as your bowel must be completely empty. It is important that you continue to drink clear fluids. Clear fluids include: water, clear soups, herbal tea, black tea or coffee, or diluted cordials (not red coloured). You can continue to drink until 2 hours before your procedure.

**4.00pm** Make up the 1st sachet of Klean prep and start to drink it over the next hour.

**5.00pm** Make up the 2nd sachet of Klean prep and when you are ready, drink it over about an hour. Once you have finished, take a break for an hour.

**6.00pm - Rest**

**7.00pm**

**7.00pm** If you have had a bowel movement (poo), continue with your 3rd sachet of Klean prep over an hour.

**If you have not had a bowel movement, you must not take any more Klean prep until you have.**

**8.00pm** Make up the final sachet of Klean prep to help to ensure your bowel is completely empty and clean. If you are only passing clear fluid from your bowels prior to this 4th sachet, then it is not required.

## What should I expect following my bowel prep?

Be prepared to have a frequent, loose bowel movement (diarrhea), which can start any time following your bowel prep. Please ensure you have access to a toilet at all times until the effects have worn off.

## What are the side effects?

Nausea, vomiting, bloating and stomach cramps are common side effects of bowel prep. Please see the information sheet in the packet for a more detailed list of the side effects.

## Who should I contact if I have any concerns?

Rarely people may have an allergic reaction. If this occurs, stop taking the prep and consult your own GP or contact the hospital on:

Pre-operative assessment clinic:

- **0114 226 6235** (Monday to Friday, 8.00am - 4.00pm)

Surgical wards:

- **0114 271 4104** or
- **0114 271 5523**



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