

**Patient
Information**

How to take Klean Prep for your gynaecological cancer surgery

Introduction

This leaflet gives you instructions about how and when to start taking Klean Prep before your gynaecological surgery.

How to take the Klean Prep

Your bowel needs to be as empty as possible before your surgery. Please follow the instructions below.

7 days before the operation

If you are diabetic, taking any medication that thins your blood or you are not sure how to take your medication before surgery, please contact the Gynaecological Clinical Nurse Specialist on the number at the end of this leaflet.

Stop taking any of the following medication:

- Imodium® (loperamide)
- Codeine phosphate
- Lomotil® (co-phenotrope)
- Iron tablets (ferrous sulphate, ferrous fumarate)
- Fybogel® (ispaghula husk)

You should continue to take all of your other medications, including medications for your heart and blood pressure. This will have been discussed with you in the pre-assessment clinic.

If you are not sure or you have any questions, please contact your Gynaecological Clinical Nurse Specialist on number at the end of this leaflet.

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Department

Gynaecology

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**Patient
Information**

2 days before your operation

Begin a low fibre diet. Listed below are the foods which we would prefer you to eat:

- Eggs – boiled or poached
- White fish
- Chicken
- Lean meat, for example beef, lamb, veal or ham
- Gravy using stock cubes (white flour or corn flour to thicken)
- White bread or rolls (avoid bread that has seeds in)
- Potatoes – boiled or mashed (avoid the potato skins)
- Pasta/noodles
- White rice
- Butter/margarine – use sparingly
- Jelly (avoid jelly that is red in colour)
- Sugar/honey/syrup/treacle/fruit jelly (such as bramble jelly)/jams/marmalade (without peel)
- Boiled sweets or clear mints
- Tea or coffee
- Lucozade®, beer, water, soda water
- Fizzy drinks, squashes, clear fruit juice (no bits)
- Quorn, tofu, textured vegetable protein

Do not fry food, avoid seeds and grains especially sweetcorn. Drink plenty of fluids.

1 day before your appointment

At **8:00am** have a good breakfast of low fibre food taken from the list. After this do not eat **any** solid food.

Drink plenty of clear fluid (tea/coffee/fruit squash/carbonated (fizzy) water drinks or tap water, clear apple juice with no bits). You can have small amounts of milk in tea or coffee. Clear jelly is allowed.

At **10:00am** dissolve 1 sachet of Klean Prep in 2 pints of water and drink it over 1 hour.

At **12:00 (midday)** dissolve 1 sachet of Klean Prep in 2 pints of water and drink it over 1 hour.

Patient Information

At **2:00pm** dissolve 1 sachet of Klean Prep in 2 pints of water and drink it over 1 hour.

At **4:00pm** dissolve one sachet of Klean Prep in 2 pints (1 litre) of water and drink it over 1 hour.

It is important that you do not become dehydrated so please drink clear fluids between each sachet. You can drink plain water only from midnight right up to 6:00am on the day of your surgery.

No solid food.

Klean Prep may be flavoured with clear fruit juices (such as apple) or clear squash (such as lemon) and can be made up in beforehand and chilled in the fridge.

You should expect many bowel actions and finally diarrhoea. Some cramping in your stomach is normal. Your bottom may become quite sore, a barrier cream may help. There are several types of barrier cream products available from your local pharmacy.

If you experience difficulties

Occasionally, the bowel preparation may cause side effects such as nausea, sickness or stomach pain.

If you feel that you will not be able to finish the Klean Prep sachets as directed, please contact the Gynaecological Clinical Nurse Specialist for advice.

Contact information

Gynaecological Cancer Clinical Nurse Specialist

Tel: 0300 422 4047 or

Tel: 0300 422 3181

Monday to Friday, 8:30am to 4:30pm

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