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Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board

Cardiff & Vale Capsule Endoscopy Service



Telephone Number: 02920 715205 or 715583

Preparing for your Capsule Endoscopy with **Klean prep**

It is essential for the success of your procedure that you read all of the instructions on this sheet before you start preparation for your capsule endoscopy and follow these instructions fully. Clear views can only be achieved if you follow the diet and take the bowel preparation exactly as instructed so that all liquid matter is removed from the bowel.

Two days before your Capsule endoscopy

EAT ONLY:

Boiled or steamed fish
Boiled or steamed chicken
Eggs
Cheese
Butter or margarine
Rich tea biscuits
Potatoes (without skin)
White bread

DO NOT EAT:

Red meat
Oily fish
Fruit
Vegetables
Cereals
Foods containing nuts or seeds

Information about KLEAN PREP

- Fill a jug with 1 litre of water. Empty the contents of 1 sachet of the Klean Prep into the water. Stir until the solution is clear. You may add cordial such as lemon or lime to taste but **do not** add a cordial that is dark in colour or may contain **red** food dye.
- Aim to drink one glassful (250ml) of the solution about every 15 minutes until you have drunk it all (taking about an hour). There is no need to rush.
- You should also aim to drink an additional 500ml (or 1 pint) of water or clear fluids with each litre of Klean Prep to keep yourself hydrated.

After you drink Klean Prep you will have lots of watery bowel movements, **so stay near a toilet** because you may need to use it urgently.

Please follow the instructions on the next page

The day before your examination

You may have a light lunch a few hours before you start taking Klean Prep.

1 pm	5 pm	8pm	10pm
Even if you feel hungry, do not eat anything – your bowel must be completely empty for the examination. You can have clear soup, soft drinks (not fizzy) or black tea or coffee to which you may add sugar.	At about 5 pm make up your first litre of Klean Prep as instructed and drink it over the next hour or so. Have a rest for 2 hours.	At about 8 pm make up your second litre of Klean Prep and drink it over the next hour or so.	You must not eat or drink anything after this time until your next sachet of bowel preparation and capsule endoscopy procedure.
It is important to drink an additional 500 ml of water or clear fluid with each litre of Klean Prep.			

On the day of the test

6 am	8 am
At about 6 am make up your final litre of Klean Prep as instructed and drink it over the next hour or so. You must not eat or drink anything further until after your procedure.	Arrive at the endoscopy unit for your procedure
It is important to drink an additional 500 ml of water or clear fluid with each litre of Klean Prep.	

- You can take necessary morning medications up until 7 am (about 2 hours before your test) with a small sip of water.

Some key points to remember

- Take 2 litres of Klean Prep the evening before your examination and 1 litre of Klean prep the morning of your procedure.
- You must **not** eat anything after eating lunch the day before your procedure.
- If you take any oral medicine, do **not** take it an hour either side of drinking your dose of Klean Prep.
- You should **avoid** eating foods containing nuts or seeds (including breads) for 24 hours prior to your test.
- Please see the Capsule endoscopy information leaflet for additional advice regarding drugs such as oral iron and painkiller medication.