

**INFORMATION FOR PATIENTS**

**Extended preparation prior to colonoscopy**

For a colonoscopy to be effective it is essential that the bowel is adequately cleansed prior to the procedure. A number of people will require additional preparation prior to colonoscopy, including laxatives and prolonged dietary restrictions leading up to the procedure.

People who have constipation or diabetes, take medications which prohibit effective bowel cleansing and have had previously failed attempts at colonoscopy due to poor results from standard bowel cleansing will benefit from additional preparation.

It is important that you follow the guidance below starting seven days before the date of your procedure to aid effective bowel cleaning prior to your appointment.

Movicol supplied – six sachets (if not received please contact Endoscopy unit).

<b>Seven days before</b>	Stop taking any iron medications if you take them.		
<b>Five days before</b>	Please follow the low residue diet guidance on the next page.	Plus two litres of water a day.	
<b>Four days before</b>	Please follow the low residue diet guidance on the next page.	Plus, two litres of water a day.	Take Movicol - one sachet twice (am and pm)
<b>Three days before</b>	Please follow the low residue diet guidance on the next page	Plus, two litres of water a day.	Take Movicol - one sachet twice (am and pm)
<b>Two days before</b>	Please follow the low residue diet guidance on the next page.	Plus two litres of water a day.	Take Movicol - one sachet twice (am and pm)
<b>One day before</b>	Please follow the low residue diet guidance on the next page for breakfast and lunch. <b>No food after 1pm.</b>	Plus two litres of water a day.  Please start taking your Kleen Prep bowel preparation as directed in the attached leaflet.	



**First and second dose of Kleen Prep taken at 7pm the day before your appointment time.**

**Please follow the enclosed Kleen Prep leaflet.**



**Third and fourth dose of Kleen Prep as per your appointment time.**

**To be taken five hours before your appointment.  
Please follow the enclosed Kleen Prep leaflet.**



**Nil by mouth- as per appointment time.  
Please follow the enclosed Kleen Prep leaflet.**

### Low residue diet guidance

Low fibre foods allowed	High fibre and other foods NOT allowed
White meat, including skinless chicken, grilled or poached fish.	Red meats, bacon, sausages or pies, black pudding.
White bread, toast, white pasta, white rice, noodles or boiled or mashed potatoes (no skins).	Wholemeal, granary or seeded bread, wholemeal pasta, or brown rice.
Cheese, eggs - boiled or poached, tofu.	Breakfast cereals.
Ice cream, custard, clear jelly ( <b>NO</b> red or blackcurrant), boiled sweets.	Fruit, vegetables, or salad.
Butter/margarine.	Deep fried or roasted potatoes, potato skins or chips.
Shredless marmalade or clear jam (no bits).	Nuts, pulses, lentils, beans.
Clear soups.	Chocolate, cakes, yoghurts, cream.
Rich tea biscuits or similar plain biscuits.	No other biscuits than specified in foods allowed.

Water, tonic water, black tea or coffee sugar or sweetener.  Soft drinks including squash.  Clear fruit juices <b>without</b> pulp/bits (examples include clear apple or white grape).	Fresh orange or juices with pulp.  Alcohol.  Fizzy drinks.  Blackcurrant or red squash.
Bovril.	Crisps.

### Contact us

If you need to change or cancel your appointment, or you have questions or concerns about preparing your bowel for colonoscopy or the colonoscopy procedure, please contact the Endoscopy Unit (which is open from Monday to Thursday 8am-8pm, and Friday to Sunday, 8am-6pm) using the number on your appointment letter.

### In case of emergency

Please contact the out of hours emergency advice line by dialling 111.

### Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

### Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns, or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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