IT IS ESSENTIAL THAT YOU READ AND FOLLOW THE INSTRUCTIONS BELOW AND ON THE NEXT PAGE SEVEN DAYS PRIOR TO YOUR CT COLONOGRAPHY.

To obtain the best possible images with a CT Colonography your bowel must first be cleared out. If the colon is not adequately cleansed the test may have to be repeated.

You have been given 4x sachets of Klean-Prep and 1x 100ml bottle of Gastrografin. Take these as instructed on the next page to cleanse your bowel.

The Klean-Prep solution will cause you to have loose bowel motions. It is advised to stay near a toilet.

If you take regular medication take this at least 1 hour before commencing with the Klean-Prep solution, and/or 1 hour after finishing the last sachet. Otherwise your medication may not be absorbed properly.

Bowel preparation can be harmful, although this is rare. It is common to experience dehydration, so you should drink plenty of clear fluids throughout this preparation. You may also experience some nausea, bloating and abdominal pain. If you have any concerns you should contact the doctor who referred you for a CT Colonography.
SEVEN DAYS BEFORE YOUR CT COLONOGRAPHY
Stop taking any iron tablets. Keep taking your other regular medication.

TWO DAYS BEFORE YOUR CT COLONOGRAPHY
Eat low fibre foods. For example, but not limited to:

- Milk, plain yoghurt, cheese
- White fish or chicken, boiled/steamed/grilled
- White pasta, white rice, white bread
- Eggs
- Potatoes with no skin
- Clear soups (no solids bits; noodles etc.)
- Clear jelly
- Boiled sweets

Avoid high fibre foods such as:
Red meat, pink fish, fruits, nuts, cereals, brown bread, brown rice and brown pasta.

Drink plenty of fluids – water, tea, coffee, squash, clear fruit juice etc.

THE DAY BEFORE YOUR CT COLONOGRAPHY

**Breakfast:**
Light breakfast of low fibre foods, such as:

- Boiled egg and 1 piece of white toast
- Clear soup (no solid bits; noodles etc.)
- Black tea or coffee – no milk or cream

Drink plenty of water throughout the morning.

**Lunch:** 12:30-13:00:

- Clear soup – no milk or cream
- Large glass of water, or black tea or coffee – no milk or cream

**14:00-15:30:**

- Mix the **FIRST SACHET** of Klean-Prep into a 1 litre (1 ¾ pints) jug of water. Stir until the solution is clear.
- Drink 1 glass of the solution approximately every 15 minutes until you have drunk it all (1-1.5 hours in total).

**15:30-17:00:**

- Repeat using the **SECOND SACHET** of Klean-Prep solution.
- You will start to experience loose bowel movements. It is advisable to stay near a toilet.

**17:00-18:30:**

- Repeat using the **THIRD SACHET** of Klean-Prep solution.
- You may have clear soup if you wish.

**18:30-20:00:**

- Next time you go to the toilet check if there are any solid bits. If there is clear liquid, you **DO NOT NEED** to take the **FOURTH SACHET**. If there are solid bits, or you are unsure, mix the last sachet and drink as before.

**21:00:**

- Drink half the bottle (50mls) of Gastrografin. You may mix it with water or cordial if you wish.
- Drink as much extra water as you wish throughout the rest of the night.

THE DAY OF YOUR CT COLONOGRAPHY

**DO NOT HAVE ANY SOLID FOOD. DRINK PLENTY OF CLEAR FLUIDS.**

- Two hours before your appointment **DRINK THE REMAINING HALF** (50mls) of the Gastrografin.

After the CT Colonography you may return to your normal diet.