

# Faecal Disimpaction with Klean-Prep

## For Children

### What is Klean-Prep?

Klean-Prep is a bowel cleansing agent that is dissolved in water. This means it flushes everything out of your child's intestines (gut) through a laxative action so that they are completely empty and clean. This course of therapy is used for children who are constipated and have Impaction of stool in their bowels. This is also done for other procedures such as colonoscopies for prior to surgery of the bowels.

The administration of Klean-Prep and the clearing of obstruction does not mean that this is the end of constipation or treatment of constipation.

### Before Admission

It is recommended that your child eats a low residue diet for 2 days before taking your Klean-Prep. The table identifies which foods your child may eat and those which should be avoided.

	Foods you may eat	Foods to avoid
Meat / fish	Minced or well cooked - lean beef, lamb, ham, veal, pork, poultry, fish, shellfish	
Fruit / vegetables	Potatoes - boiled, creamed, mashed or baked (no skins).	All fruit and vegetables.
Pasta / rice	Plain macaroni, spaghetti, noodles. Plain boiled white rice.	Wholemeal pasta or spaghetti. Brown rice, vegetable rice.
Cereals / bread	Cornflakes. Crisped rice. White bread, plain teacakes and plain rolls.	Weetabix, Bran Flakes, Muesli. Wholemeal, Oatmeal or Granary bread. High fibre white bread. Fruit teacakes or rolls with seeds or oats on top.
Biscuits / pastries / puddings	Plain biscuits and crackers. Plain sponges, white flour, plain scones, plain pancakes, plain muffins. Jelly (not red coloured), plain yogurts. Yorkshire puddings.	Wholemeal crackers, bran biscuits, digestives, oatcakes and fruit biscuits. Wholemeal flour, fruitcake, cakes with seeded jam fillings, wholemeal/fruit scones. Fruit, nut or muesli yogurts.
Other	Soft cheese, cottage cheese, cheese sauce. Eggs, clear soup, vinegar, mustard, herbs, Worcester sauce, sweets, sugar, seedless jam/marmalade, honey, golden syrup, treacle, lemon curd, margarine.	Pickles, chutney, thick vegetable/lentil soup, jam/marmalade with skins or pips.

### Administration

Klean-prep is a powder mixed with liquid that is given in four-hourly cycles; if tolerated, 2 cycles can be given on a daily basis until your child is dis-impacted. This is done by mouth or **nasogastric tube**. Some blood investigations will be done prior to and during the Klean- Prep regimen. Your child *may* also have an Abdominal Xray, depending on their symptoms.

### Insertion of nasogastric tube

If this is necessary, we need you to agree to this and understand that although it is initially an unpleasant experience, children usually adjust to the tube quickly. No solid food should be eaten at least two hours before insertion. This reduces the likelihood of vomiting.



## Oral intake

While Klean-Prep is running, only jelly, sweets, ice lollies, clear soup, and small amounts of squash (with sugar) can be consumed if so wished.

## Side Effects

Nausea, vomiting, bloating, and stomach cramps are common side effects. If your child experiences any of these, the Klean-Prep can be given more slowly. Rarely children have an allergic reaction to Klean-Prep and may get an itchy rash (hives).

## Sickness and vomiting

Children may vomit during the treatment. The rate of Klean-Prep intake can be reduced to help avoid this but it can cause a longer stay in hospital.

Your child may be given an anti-sickness medicine just before or during treatment which may help reduce any nausea and vomiting that can occur

## Completion of Therapy

Disimpaction has been achieved when the stools are loose, watery, or pale with no lumps and the tummy feels soft with no lumps when felt by the medical staff. The length of time this takes varies.


Encourage your child to be up and about and to sit on the toilet to push stools out during the hospital stay. Every care is taken to ensure the routine is tailored to your child's needs and decisions are made regularly after the team has looked at all the information related to your child's progress. This can involve changes in the plan when the 'on-call' medical staff report back to your consultant.

## On discharge

To achieve optimum results, it is extremely important for you to encourage your child to take their discharge medication (which is normally Movicol or other laxatives). Your child will have an appointment with their Paediatric Consultant on discharge as well to see how they are doing.

It may be necessary to 're-potty train' your child, by sitting them on the toilet after meals and encourage them to relax and open their bowels. This is because by being constipated, they have lost the feeling of going to the toilet and the muscles in the rectum are not as effective due to not being used regularly.

Ensure your child has a healthy balanced diet. Exercise is important as part of any healthy lifestyle but being mobile when constipated can help speed up and encourage bowel movements. Ensure your child has adequate fluid intake for his/her age → 1-2lt/day.





## Useful Links

- <https://www.eric.org.uk/Pages/Category/bowel-problems>
- <https://www.bbuk.org.uk/bowel-resources/>
- The Poo Nurses - <https://www.thepoonurses.uk/>



## Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email [asp-tr.patient.advice@nhs.net](mailto:asp-tr.patient.advice@nhs.net). If you remain concerned, the team can also advise upon how to make a formal complaint.

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**We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.**



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