

Important Information regarding bowel preparations and the possible complications.

As you are about to undergo a colonoscopy you will need to know some details about the risks and benefits of the bowel preparation which you will be required to take prior to your procedure.

The bowel preparation is intended to clean the bowel completely so that there is good visualisation of the whole colonic lining and any polyps are able to be removed.

There is a small risk of the bowel preparation causing dehydration and an imbalance to the electrolytes in the blood stream. It is important that you keep well hydrated and follow the bowel preparation instructions diligently.

To ensure that the risk of dehydration and electrolyte imbalance is minimised, you will need to do the following:

- drink a variety of different fluids frequently
- if you take blood pressure medications containing diuretics or oral diabetic medications they will need to be stopped as instructed by your specialist and your colonoscopy instruction sheet
- if you develop a severe headache, uncontrollable nausea and vomiting or a fainting episode stop the preparation and seek medical advice

The bowel preparation will induce significant diarrhoea so you will need to be close to a toilet which is easily accessible. Rushing to the bathroom may put you at risk of having a fall so be extra careful. If you use a walking aid make sure it is nearby.

If you are over the age of 75, have a tendency to fainting, or have multiple health problems it is advisable to have someone at home with you whilst you are taking the bowel preparation.

If you have any concerns, please do not hesitate to contact your GP, Specialist or one of the clinic nursing staff for help. You may require a consultation prior to commencing the bowel preparation if you have a lot of other health issues, take multiple medications or have had significant changes in your health since you were last seen by your Specialist.

It is a requirement of The Australian Commission of Quality & Safety in Health Care, and Medicare that you understand the risks and benefits of having a colonoscopy and taking the bowel preparation.

I have read and understand the information provided

Name:

Signature: