

# Oral bowel cleansing solution

## Advice for patients



patient**information**

Hearing about your experience of our services is very important as it means we can pass compliments on to our staff and make improvements where necessary. Tell us what you think by emailing us at: [yourexperience@rothgen.nhs.uk](mailto:yourexperience@rothgen.nhs.uk)

#### Slovak

Ak vy alebo niekto koho poznáte potrebujú pomoc pri pochopení alebo čítaní tohto dokumentu, prosím kontaktujte nás na vyššie uvedenom čísle alebo nám pošlite e-mail.

#### Slovensky

#### Kurdish Sorani

کوردی سۆرانی  
نەگەر تۆ یان کەسێک که تۆ دەبناسی پێویستی بەیارمەتی هەبێت بۆ ئەوەی لەم بەلگەنامە بە تێبگات یان بێخوێنتەوه، تکایە پەیوەندیمان پێوه بکە لەسەر ناو ژمارەیهی سەر هوددا یان بەو نێمەیلە.

#### Arabic

عربي  
إذا كنت انت أو أي شخص تعرفه بحاجة إلى مساعدة لفهم أو قراءة هذه الوثيقة، الرجاء الاتصال على الرقم اعلاه، أو مراسلتنا عبر البريد الإلكتروني

#### Urdu

اردو  
اگر آپ یا آپ کے جاننے والے کسی شخص کو اس دستاویز کو سمجھنے یا پڑھنے کیلئے مدد کی ضرورت ہے تو برائے مہربانی مندرجہ بالا نمبر پر ہم سے رابطہ کریں یا ہمیں ای میل کریں۔

#### Farsi

فارسی  
اگر جناب عالی یا شخص دیگری که شما اورا می شناسید برای خواندن یا فهمیدن این مدارک نیاز به کمک دارد لطفاً با ما بوسیله شماره بالا یا ایمیل تماس حاصل فرمایید.

If you require this document in another language, large print, braille or audio version, please contact Patient Information on 01709 424281 or email [patientinformation@rothgen.nhs.uk](mailto:patientinformation@rothgen.nhs.uk)

### Preparation for your procedure

In order to allow a clear view of your bowel, it must be cleared of all contents by following a special diet and by taking an oral bowel cleansing solution, (also called 'bowel prep'). This leaflet explains about the safe use of the bowel prep in more detail.

Once a date has been booked for your procedure or surgery, you will be sent a booklet that gives you information on how you will need to prepare in the few days before attending the hospital. The booklet will advise you on what you may eat and when to take the bowel prep.

Enclosed with the bowel prep will be a patient information leaflet. Please read the leaflet before taking the bowel prep.

### Effects of the bowel prep

There is a risk of developing dehydration, low blood pressure or kidney problems with this medication. The doctor prescribing the oral bowel cleansing solution will have assessed your risk and identified the most appropriate medication for you.

On the day of taking the bowel prep please be prepared for frequent bowel movements throughout the whole of the day. If you feel that this may be difficult for you, e.g. because of disability, please speak to your doctor who referred you for the procedure or surgery.

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The bowel prep may make you feel weaker than normal and may cause dehydration. You should drink plenty fluids whilst taking the medicine.

If you develop the symptoms of dehydration and cannot increase your fluid intake, then you should seek medical attention. These symptoms include dizziness or light-headedness (particularly on standing up), thirst, or a reduced urine production.

### Medical conditions

If your doctor has told you that you have any of the following conditions or you know you are allergic to any of the ingredients listed in the bowel prep, please contact a member of the nursing staff in the department that is undertaking your procedure (the telephone number will be in the booklet)

- Kidney disease
- Heart disease
- Diabetes – There are specific instructions on modification of your diet and medicines / injections that will be forwarded to you from the department at the hospital.

### Medication

You should follow any specific advice you have been given with regard to your regular medications. Medications that you may have been asked to temporarily discontinue include:

- Antihypertensives to lower your blood pressure (such as ACE inhibitors like ramipril)
- Diuretics (water tablets', such as furosemide)
- Non-steroidal anti-inflammatory drugs (a type of pain killer, such as ibuprofen, diclofenac)
- Iron preparations (for anaemia, such as ferrous sulphate)
- Anticoagulants and antiplatelets (to prevent blood clots) such as warfarin, aspirin, dipyridamole and clopidrogel. You may have been asked to discontinue them, depending on the nature of the procedure that is planned

If you have not received specific advice regarding your regular medications, then you should continue to take them as normal. However, you may need to alter the timing. It is preferable to avoid taking them less than one hour either side of any dose of the bowel prep.

Absorption of some medicines may be affected. If you are taking medicines such as antiepileptics, antibiotics, or steroids, please ask your doctor for further advise on taking these safely with your bowel prep.

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### How to contact us

If you experience any problems, advice from a healthcare professional is available on the following telephone numbers:

#### Endoscopy Unit

Telephone 01709 424439

#### X-ray Department

Telephone 01709 424357

#### Switchboard

Telephone 01709 820000

### Useful contact numbers

#### NHS 111 Service

Telephone 111

#### Health Info

Telephone 01709 427190

#### Stop Smoking Service

Telephone 01709 422444

#### A&E

Telephone 01709 424455

#### For GP out of hours, contact your surgery

### Useful websites

[www.therotherhamft.nhs.uk](http://www.therotherhamft.nhs.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.gov.uk](http://www.gov.uk)

### We value your comments

If you have any comments or concerns about the services we have provided please let us know, or alternatively you can contact the Patient Experience Team.

### Patient Experience Team

The Oldfield Centre  
The Rotherham NHS  
Foundation Trust  
Rotherham Hospital  
Moorgate Road  
Rotherham  
S60 2UD

Telephone: 01709 424461

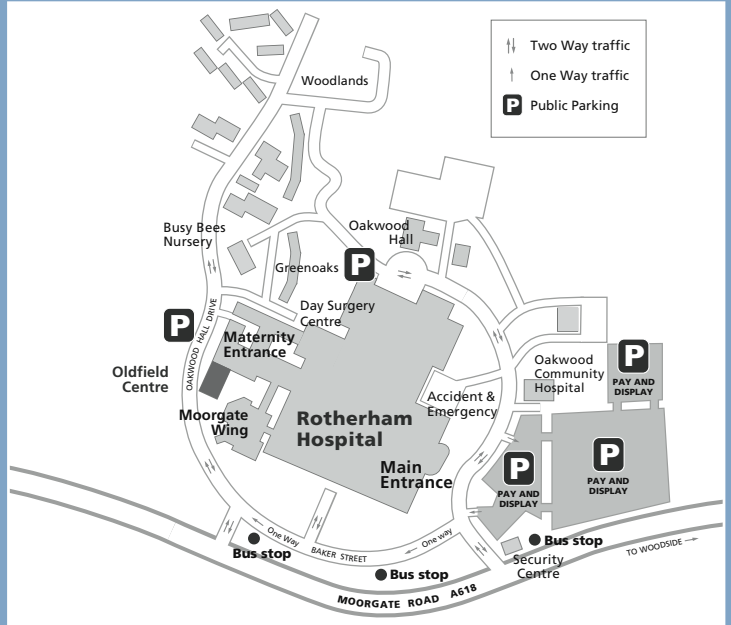
Monday to Friday

9.00am until 4.00pm

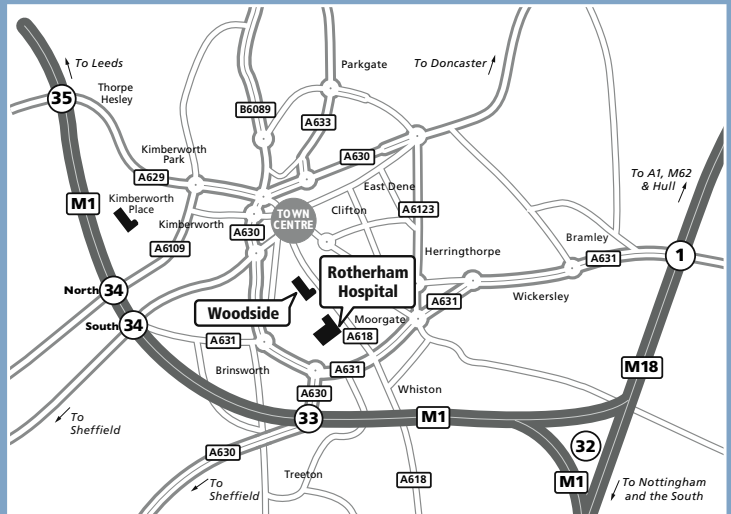
Email: [yourexperience@rothgen.nhs.uk](mailto:yourexperience@rothgen.nhs.uk)

# How to find us

## Hospital site plan



## Rotherham main routes





LS 703 10/14 V2 Jones & Brooks



The Rotherham **NHS**  
NHS Foundation Trust

**Rotherham Hospital**  
Moorgate Road  
Oakwood  
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