



Bowel preparation for diabetic patients

You have been prescribed an oral bowel cleansing agent which is also known as bowel preparation. It is important to follow these instructions carefully to ensure that you take this bowel preparation in a safe manner and also have a clear bowel so that good views are obtained during your test.

There is a risk of developing dehydration, low blood pressure or kidney problems with this medication. The doctor prescribing the oral bowel preparation will have assessed your risk and identified the most appropriate medication for you. You may also have had a blood test to assess your kidney function.

You should make sure that you drink enough fluids while you are taking the bowel preparation to avoid dehydration. The symptoms of dehydration include dizziness or light-headedness (particularly on standing up), thirst or a reduced urine production. Try to drink a glass of water every hour that you are awake.

Medications

You should follow any specific advice that you have been given regarding 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 painkiller, such as Ibuprofen)
- **Iron preparations** (for anaemia, such as Ferrous Sulfate)
- **Aspirin, Dipyridamole, Clopidogrel or Warfarin** (these are medications that thin your blood; 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 change the timing as it is preferable to avoid taking them less than one hour either side of bowel preparation.

Patients taking immunosuppressants for transplanted organs should seek the advice of their doctor before taking bowel preparation.

Patients taking the oral contraceptive pill should take alternative precautions, such as using condoms, during the week following taking any bowel preparation.

Please let your diabetic nurse know that you will be having bowel preparation as she will be able to advise you on an individual basis.

Please read the following information carefully.

If you experience problems, advice is available on 0161 918 7310 during office hours (7am to 7pm). Out of hours (7pm to 7am) please contact Ward 10 on 0161 446 3860.

If you need information in a different format, such as easy read, large print, BSL, braille, email, SMS text or other communication support, please tell your ward or clinic nurse.

We try to ensure that all our information given to patients is accurate, balanced and based on the most up-to-date scientific evidence. If you would like to have details about the sources used please contact **patient.information@christie.nhs.uk**

© 2017 The Christie NHS Foundation Trust. This document may be copied for use within the NHS only on the condition that The Christie NHS Foundation Trust is acknowledged as the creator.

For more information about The Christie and our services, please visit **www.christie.nhs.uk** or visit the cancer information centres at Withington, Oldham or Salford.

The Christie NHS Foundation Trust
Wilmslow Road
Withington
Manchester M20 4BX
Tel: 0161 446 3000
www.christie.nhs.uk

The Christie Patient Information Service
March 2017 - Review March 2020

