

Pre Colonoscopy Nurse Assessment & Bowel Prep Guidance

When you attend your bowel preparation appointment, our registered nurse will support you through the steps to get ready for your procedure.

Our registered nurse provides:

Expert health screening: Reviews your medical history, current medications (including blood thinners, diabetes medications, over the counter and herbal products), and any recent illnesses to ensure your preparation plan is safe.

Personalised advice: Tailors your diet and medication schedule to your individual health needs, identifies any contraindications, and arranges adjustments where required (for example, temporarily stopping certain medications).

Clear communication: Explains each step of the bowel preparation, guides you through how to mix and take the laxative solution, and provides written and visual instructions.

Support & reassurance: Whether you are unsure about a dietary restriction, experience side effects, or need clarification on timing, this appointment is for you to feel confident ahead of your procedure.

Our commitment: Your nurse is here to make the preparation as smooth and safe as possible, so you feel confident and well supported throughout the process.

What the Nurse Will Cover in Your Appointment

Topic	What the Nurse Does	Why It Matters
Medical history & current health	Reviews chronic conditions (e.g., heart disease, kidney disease, inflammatory bowel disease) and recent surgeries.	Identifies risks that could affect the laxative regimen or sedation.
Medication review	Reviews all prescription, over the counter, and herbal medications and advises which to continue, stop, or adjust.	Prevents dehydration, electrolyte imbalance, or excessive bleeding.
Pregnancy & lactation check	Asks about possible pregnancy and breastfeeding.	Ensures the preparation plan is safe for both mother and baby.
Allergy & intolerance screening	Confirms any known allergies or intolerances to bowel preparation solutions.	Allows the nurse to select an alternative prep if needed.

Dietary guidance	Provides a step-by-step diet plan, including low-fibre foods, clear liquids, and when to stop eating.	Maximises the effectiveness of the bowel cleanse.
Preparation medication instructions	Explains how to mix, store, and take the laxative, including timing and fluid intake.	Ensures the bowel is fully cleared and reduces the risk of missed findings.
What to expect on the day of the colonoscopy	Explains the procedure, sedation options, and post procedure recovery.	Can help reduce anxiety and provides an opportunity to discuss any concerns.

Why a Thorough Bowel Preparation Is Crucial?

- **Visibility:** A clean colon allows the specialist to see the entire bowel lining clearly.
- **Detection rate:** Inadequate preparation can hide polyps, cancers or inflammatory changes.
- **Procedure efficiency:** Good preparation shortens the examination time and reduces the need for repeated scopes.
- **Safety:** A well-cleansed bowel lowers the risk of complications and prolonged sedation.

Attending your bowel preparation appointment and following your nurse's guidance helps ensure your colonoscopy is as safe and effective as possible. Your nurse will support you at every step, answer your questions, and provide the information you need to feel confident and prepared.

Practical Tips from Your Nurse

- **Start fluid intake early:** Aim for at least 2 L of clear liquids (water, clear broth, pulp-free juice, electrolyte drinks).
- **Set reminders:** Use a phone alarm or a written schedule to take each dose at the prescribed time.
- **Stay near a bathroom:** The laxative works quickly, being close to a restroom reduces discomfort.
- **Report any severe symptoms:** Contact us if you experience persistent vomiting, dizziness, or difficulty keeping fluids down.
- **Keep our contact details handy:** Save My Gut Care as a contact in your phone so you can reach us quickly if you have any concerns.

Your Action Checklist (to bring to the bowel preparation appointment)

- List of all current medicines (including dose and frequency).
- Any recent blood test results (especially electrolytes, kidney function).
- List of any allergies or intolerances.
- Any questions you have about the diet, medication, or procedure day.

We look forward to supporting you through a safe, comfortable, and successful colonoscopy.

If you have any concerns before your nurse assessment, please call 07 3517 6222 or email admin@mygutcare.com.au.