



Preparation checklist for chronic constipation. Confirm exact timing with the hospital team before your visit — this is general guidance, not a substitute for your doctor's specific instructions.

1

BEFORE YOUR VISIT

Gather previous prescriptions, blood reports, ultrasound/CT/MRCP reports and any endoscopy or colonoscopy reports.

2

BEFORE YOUR VISIT

Write down your current medicines, allergies, and any blood thinner use (aspirin, clopidogrel, warfarin) — do not stop any medicine on your own.

3

DAY OF YOUR VISIT

Note your symptoms, how long you've had them, and anything that seems to trigger or ease them.

4

IF URGENT

For vomiting blood, black stool, severe pain or jaundice with fever, call reception before travelling.