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PRE-VISIT PREP GUIDE

Ref: Chronic Constipation

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.

General patient-education guidance, not a personalized medical instruction. Your doctor's specific instructions always take priority. Generated 31 Oct 2026, 5:26 am.