

Preparation checklist for ibd / colitis. 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.