

**BOWEL PREPARATION FOR A COLONOSCOPY IN THE RLUBUHT**  
**Guidelines for safe management and preparation of dialysis patients within the Renal and Nephrology Directorate undergoing colonoscopy/flexible sigmoidoscopy**

**AIM:**

To ensure the effective and safe preparation of dialysis patients who need to undergo colonoscopy/flexible sigmoidoscopy which requires the administration of a prescribed bowel aperient (KLEEN PREP).

**PRE-REQUISITE:**

Members of the nursing staff authorised to advise in the management of specified dialysis patients needs must:-

Be a 1st level registered nurse employed by the Nephrology/Renal/Gastroenterology Directorates (Trust)

Be competent to deal with the specific care requirements of dialysis patients in their area

Be informed of the individual's dialysis patient named nurse, relevant medical history including dialysis arrangements and planned investigation details, (e.g. date, time, medicine and travel arrangements)

**PROTOCOL FOR THE ADMINISTRATION OF A BOWEL APERIENT IN PREPARATION FOR COLONOSCOPY/FLEXIBLE SIGMOIDOSCOPY**

The patient will be medically referred for the colonoscopy/flexible sigmoidoscopy prior to it's being performed.

The patient's relevant carers including named nurse and clinician will be aware of the planned colonoscopy bowel preparation

The prescribed bowel aperient may be self administered by the patient in the comfort of their own home unless otherwise ordered by the referring clinician or on the discovery of inadequate facilities to deal with the action of the bowel aperient (usually Kleen Prep 3 to 4 sachets)

It is considered to be best medical practice in view of the dialysis patients physiological and psychological needs to have the bowel aperient the day before the planned colonoscopy/flexible sigmoidoscopy and their usual dialysis, i.e.

**DAY 1**

**PM** Self administration of each Kleen Prep sachet with approximately 1 litre of water (as prescribed 1 – 4 sachets)

**DAY 2**

**AM** Usual haemodialysis

**PM** Colonoscopy/flexible sigmoidoscopy

**OR**

**DAY 1**

**PM** Self administration of each Kleen Prep sachet with approximately 1 litre of water (as prescribed 1 – 4 sachets)

**DAY 2**

**AM Colonoscopy/flexible sigmoidoscopy  
PM Dialysis to be assessed.**

**Appropriate and relevant information regarding the use and effect of the bowel aperient will be relayed to patient and relevant carers by the nurse appropriately informed and skilled in the procedure being undertaken. This will include the provision of contact names and numbers of the dialysis unit and Gastroenterology Department should the patient or relevant carers require any further guidance, support or reassurance.**

**All information and care given to the patient by the nurse will be documented when given so as to provide a pertinent and effective continuum of planned care.**

**Updated by Mrs J West Clinical Manager June 02.  
For review June 03**