

Colonoscopy

Important information

Before your appointment

- Please follow the enclosed bowel preparation instructions carefully. Your bowel must be completely empty to allow the endoscopist to have a clear view.
 - Stop taking **iron tablets** seven to ten days before the procedure. All other medication (including aspirin) should be taken as normal.
- If you take **Warfarin, Clopidogral or any other anti coagulants, you may be required to stop these for your procedure.** Please seek the advice of your GP to ensure it is safe for you to stop these medications for this procedure. If you are told to continue your warfarin please have an **INR** test one week before your procedure and bring the result with you. Please advise us if you have been told **not to stop** your medication.
- If you have **diabetes** please seek the advice of your diabetes nurse specialist/practice nurse or GP for information regarding any medication changes due to your restricted diet.
 - If you have any questions about the procedure or find that you cannot keep this appointment, please contact the Bookings Office between 9:00 and 17:00 Monday to Friday on 01702 478885 then press option 2 for bookings.

On the day

Drink as much clear fluid (see list) as you can, up to two hours prior to your procedure then just take water until your admission.

At the hospital

Please come to the reception area at Chartwell Private Hospital.

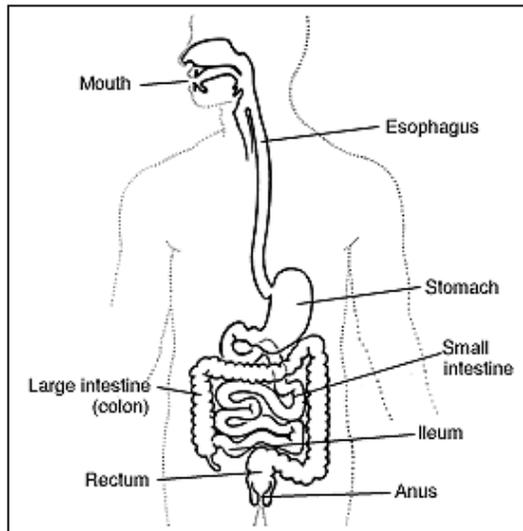
Please note that the appointment time is for your pre procedure check, not the time of your examination. The length of time you will be here will vary but may be anything from one to three hours. Occasionally unforeseen/unavoidable delays to your appointment time can occur and we ask for your understanding at these times. Due to the specialist nature of the equipment we use breakdowns can occur that may not be able to be fixed on the day, this may result in your appointment being re-scheduled.

If you choose to have sedation, Please ensure you are accompanied by a responsible adult to take you home by car or taxi and stay with you for up to 12hrs after your procedure. Please note we cannot sedate you if you have not arranged for someone to escort you home by car or taxi .(Public transport is not acceptable) You cannot drive for 24hrs following sedation.

What is a colonoscopy?

Your doctor has requested this procedure to help investigate and/or manage your medical condition.

Colonoscopy is an examination of the colon, also called the large bowel or intestine. The last part of the colon leads into the rectum where faeces (stools) are stored before passing out of the anus (back passage).



The procedure involves passing a narrow flexible instrument through the anus into the colon to examine the colon lining. This allows us to see if there are any problems such as inflammation or polyps (a polyp is a bit like a wart). The procedure usually takes thirty minutes but times vary considerably if it takes longer, please do not worry.

Sometimes it is helpful for diagnosis to take a sample (biopsy) of the lining of the bowel. A small instrument, called forceps, passes through the colonoscope to 'pinch' out a tiny bit of the lining (about the size of a pinhead). This sample is sent to the laboratory for analysis. It is also possible to remove polyps in a similar way. Most people find this

completely painless.

If you wish to view a short video about this procedure please visit our website www.chartwelldiagnostics.co.uk

From the main menu select: Our services/Gastroenterology

View Colonoscopy Procedure 'What you need to know'

Getting ready for the procedure

You should expect frequent bowel movements starting within three hours of the first dose of the bowel preparation. It is advisable to stay at home the day you take the bowel preparation and stay close to a toilet; make sure you have plenty of fluids in the house before taking the preparation.

On arrival to the admitting room, we will explain the procedure then take a brief medical history from you and ask you to sign a consent form. You can change your mind about having the procedure at any time.

Before the procedure you will be given a choice of :

Entonox (gas and air) please find further information enclosed. You will **not** require anyone to take you home.

OR

Sedative (by injection into a vein). **The sedative will not put you to sleep (this is not a general anaesthetic)** this will relax you.

- You will need to stay whilst you recover which may take up to an hour or more.
- You will need to be escorted home and have someone stay with you for 12 hours afterwards.
- The injection may continue to have a mild sedative effect for up to 24 hours and may also leave you unsteady on your feet for a while.

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If you would rather not have either of these options, you can have the procedure with no Entonox or sedation. Some patients do choose this option, however please be aware that the procedure can be uncomfortable in parts.

Additional information for people with a colostomy

If you have a colostomy, you may find the bowel preparation easier to manage if you use a drainable colostomy bag. These can be obtained by contacting your stoma care nurse.

What happens during the procedure

You will need to undress and put on a gown. We will ask you to remove any glasses and we will make you comfortable on a couch, lying on your left side with your knees bent. For your comfort and reassurance, a nurse will stay with you throughout the procedure.

We will give you oxygen through a nasal cannula into your nostrils (if you would prefer a mask please let the nurse know) and put a blood pressure cuff on your arm, also a plastic 'peg' will be placed on your finger to monitor your pulse and oxygen levels.

The endoscopist will then gently insert the colonoscope through your anus into your colon. During the procedure, air and water is passed into your colon to give a clear view of its lining. You may experience some wind-like pains, but they should not last long.

At this time, you might feel as if you need to go to the toilet. This is a perfectly natural reaction but as the bowel will be empty, there is no need to worry. There may be periods of discomfort as the tube goes around bends in the bowel. In order to make the procedure easier you may be asked to change position, eg roll onto your back.

However, if you make it clear that you are too uncomfortable we will stop the procedure. Please be aware if the procedure is stopped you may need further investigations to find the cause of your symptoms.

Potential risks

Taking the bowel preparation might prevent the absorption of the oral contraceptive pill. Additional contraceptive precautions should be taken until the next period begins.

Colonoscopy procedures carry a small risk (one in 1000 cases) of bleeding or perforation (tear) to the bowel. These are more likely to occur after the removal of a polyp. On very rare occasions, this may require an operation which may involve making a temporary opening (called a stoma) in the abdomen to allow the passage of waste (faeces).

Removing a polyp can sometimes cause bleeding although this is usually stopped during the procedure.

Another rare complication is an adverse reaction to the intravenous sedative (midazolam) and pain relief (pethidine) medication.

If you experience any of the following once you are home please contact Chartwell Private Hospital, your GP or the Emergency Department at your local NHS hospital for further advice:

- Severe pain
- Black tarry stools
- Persistent bleeding

After the procedure

Following the colonoscopy, we will take you to a recovery area. We will always do our best to respect your privacy and dignity, such as the use of curtains. If you have any concerns, please speak to the recovery nurse.

We will give you a drink and some biscuits, if you have any special dietary requirements you can bring your own refreshments.

If you choose sedation, you will not be able to drive, operate machinery, return to work, drink alcohol or sign any legally binding documents for a 24 hour period after the procedure; also you will need to have a responsible adult stay with you for the next 12 hours.

You are also advised not to fly within three days after your procedure due to the gases used to inflate your colon. You can eat and drink as normal.

You may feel bloated and have some wind-like pains if some of the air remains in your bowel; these usually settle down quickly.

If you experience any of the following please contact Chartwell Private Hospital, your GP or the Emergency Department at your local NHS hospital for further advice:

- Severe pain
- Black tarry stools
- Persistent bleeding

When will I know the result?

The Endoscopist or recovery nurse will inform you of your results and discuss your procedure after care with you. We ensure you fully understand the information given to you before going home.

Final results from biopsies or polyp removals will be assessed by your Endoscopist and then forwarded to your GP. These results can take several weeks to come through. You should discuss details of these results and any further treatment with your GP.

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Please ensure you only follow the instructions for your bowel preparation and your procedure that are supplied by Chartwell Hospital. Do not follow any instruction leaflet included with your bowel preparation, these are just those supplied by the manufacturer of your medication.

If you wish to comment or complain about any aspect of our services, please address your comments to:

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Leigh on Sea
Essex
SS9 2SQ