



Colonoscopy

Information for patients

This leaflet has been written by staff working in the Endoscopy Unit at West Middlesex University Hospital. We hope you find it useful. If, after you have read it, you have any questions or concerns, please contact us on 020 8321 2585/5191. When you come into the unit (Ground Floor) please talk to us about any worries and ask any questions you have.

If you would like to change your appointment time or date, please contact the endoscopy unit booking team on 020 8321 5752/5380.

Your appointment time in endoscopy is approximate because some procedures may take longer than expected and emergency procedures need to take priority. Please expect to be in the department for several hours—having pre-procedure checks, the procedure and for recovery after the procedure.

Appointment date:

Appointment time:

Contact information

Endoscopy Department

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What is a colonoscopy?

A colonoscopy is a diagnostic test in which a long flexible telescope called an endoscope is passed through the back passage (anus) allowing the doctor to look directly at the lining of the large bowel (colon).

Sometimes a biopsy - a sample of tissue – is taken for analysis (testing) in the laboratory. The tissue is removed through the endoscope using tiny forceps. It is also possible to remove polyps during the colonoscopy. Polyps are abnormal growths of tissue, similar to warts, that normally should be removed and examined more closely. This is not painful.

There is a considerable variation in the way people react to this procedure and the sedation. General anaesthesia is not required. The procedure is safe but may be unpleasant and, at times, uncomfortable.

If you chose to have sedation, we aim to use enough sedative to relax you. We do not send you to sleep but we will do our best to make you as comfortable as possible. Some people will not remember all of the procedure after having the sedative, this is normal and nothing to worry about.

What are the benefits and risks?

The benefit is that this procedure will help us to investigate your symptoms and may help us to treat you. There is a small risk of complications during the procedure. There is an extremely small risk of bleeding (hemorrhage) and a tear in the lining of the bowel (perforation) occurs in 1 in 1500. These complications are rare, but may require urgent treatment, blood transfusion or an operation.

It may be necessary to remove polyps. If this happens, the risks are slightly higher, bleeding in 1 in 50 or a tear in 1 in 250.

Occasionally the procedure cannot be completed and we would normally recommend a special CT to look at the bowel (CT pneumocolon).

What should I do before I come in?

If you are having sedation, you must organize for someone to take you home after the test and be with you for 24 hours.

7 days before procedure

Please stop taking iron tablets (including vitamin tablets that contain iron) and bulking agents (Fybogel or Regulan) one week before the test.

4 days before procedure

Stop taking any constipating agents (loperamide, codeine phosphate etc) but continue any other medications and laxatives until your appointment.

For the 3 days before procedure

You will need to follow a restrictive diet to achieve optimal views of the bowel. Eat only low fibre foods and avoid all high fibre foods. Please see our separate dietary sheet.

A clean bowel will allow for clear views of the bowel, which is important for both accurate diagnosis and treatment. Abnormal changes may be tiny, so even small amounts of residual stool could potentially disguise something important. If the bowel is not empty enough, the procedure may be cancelled and repeated on another occasion.

If you are diabetic, please let us know in advance.

If you are taking any of the following medicines, please inform the pre-assessment nurse or a member of the Endoscopy team for further instructions:

- Warfarin, rivaroxaban, apixaban, dabigatran, edoxaban
- Clopidogrel, prasugrel, ticagrelor
- Aspirin and any other medication used to thin the blood (anti-coagulant)

Diet and bowel preparation

One day before your procedure

Please ensure that you have either collected or received your bowel preparation solution the day before your appointment.

On the day before the procedure, only have clear fluids, clear soup, fizzy drinks or black tea/coffee. No solid foods, no milk, no black currant, no alcohol.

The instruction below is for MoviPrep. If you have been given a different bowel preparation, please contact the unit for further advice.

Check if your appointment is AM or PM and follow the correct instruction for your appointment time.

Morning appointment (AM)

At 5pm (day before procedure): Prepare the first pack of MoviPrep—pour one sachet of A and one sachet of B in 1 litre jug of water (not chilled), mix both together and finish the solution within two hours.

At 8pm (day before procedure): Prepare the second pack of MoviPrep the same way as the first pack—pour one sachet of A and one sachet of B in 1 litre jug of water, mix both together and finish the solution within two hours.

Please make sure you drink an additional 500 ml of water after finishing each pack of MoviPrep.

Afternoon appointment (PM)

At 7pm (day before procedure): Prepare the first pack of MoviPrep—pour one sachet of A and one sachet of B in 1 litre jug of water (not chilled), mix both together and finish the solution within two hours.

At 6am (on day of procedure): Prepare the second pack of MoviPrep the same way as the first pack—pour one sachet of A and one sachet of B in 1 litre jug of water, mix both together and finish the solution within two hours.

Please make sure you drink an additional 500 ml of water after finishing each pack of MoviPrep.

Expect repeated watery bowel movements which should stop 1–2 hours after taking the solution. **The success of the examination depends on how clean your bowel is, so please follow the instructions carefully.**

On the day of the colonoscopy

Drink only clear fluids up to two hours before the examination.

What will happen when I come in?

On admission to the unit a nurse will ask you several questions about your health, current medication (please bring an up to date list with you), take your blood pressure and pulse, and ask you to get changed into a gown.

You do not need to bring anyone with you to your appointment, unless they are acting on your behalf (eg interpreting for you). **Your escort/relative will only be needed when you are discharged if you have sedation.** Please avoid bringing cash or valuables with you.

Prior to the test you will be seen by the endoscopist. This is an opportunity to discuss the test before you sign a consent form. Please ask any questions you may have. It is important that you understand what is going to happen.

What options are available for the procedure?

Sedation via a needle: If you chose this we will give you a sedative via a needle in your arm. This is not a general anaesthetic but will make you relaxed and may make you feel sleepy. If you have sedation you will need to rest on a trolley here for at least an hour afterwards until the effects of the sedation have worn off. **If you have sedation, your escort must collect you from the unit, take you home and be with you for the next 24 hours.**

Entonox (gas and air): If you chose this you will be given Entonox to breathe in as needed during the procedure. The gas takes immediate effect and helps relieve discomfort but does not make you feel sleepy. **If you chose this option, you do not need an escort to take you home after.**

What will happen during the procedure?

In the procedure room you will lie on a trolley (narrow bed) on your left side. A nurse and the endoscopist will stay with you throughout the test.

During the test you may be given oxygen through little prongs that fit just inside your nostrils. Your blood pressure, pulse and oxygen levels will also be monitored.

The doctor will perform the colonoscopy immediately after the gastroscopy by passing the endoscope into your bottom. During the test air is passed down the endoscope into your bowel to expand it, so the doctor has a clear view of the lining of your bowel. This may give you some wind-like pains and may also make you need to pass wind. Although this can be embarrassing, remember the staff do understand what is causing it and the air is sucked out at the end of the test. You may also get the sensation of wanting to go to the

toilet, but as the bowel is empty, there is no danger of this happening. This sensation is normally due to the air we have pumped in.

Both procedures are usually completed between 15–60 minutes. If you need treatment given through the endoscope, this may take longer. If this applies to you it will be discussed when your appointment is made.

Do I need to be escorted home?

If you have sedation you must have an adult escort collect you from the unit.

Please ensure the nurses have the contact details for your escort prior to the procedure. A nurse from the unit will call your escort once you are ready for collection.

Please note: You will not be able to have sedation if you do not have an escort arranged to collect you. We cannot escort you home.

The sedative will make you drowsy and even if you feel wide awake your reactions may still be affected. You may find it difficult to concentrate and you may forget things that you have been told after the procedure. The nurses will give you written discharge information. This includes the advice that for 24 hours after sedation you should not drive, ride a bicycle, operate machinery, take sedatives, drink alcohol or sign legal documents.

What happens to my medication?

We will talk to you before you go home about any changes/additions to your medications.

What can I expect when I go home?

You may experience bloating and abdominal discomfort for a few hours after the test. This is because of the air that is used to expand and inflate your stomach and bowel during the test. These symptoms are often relieved by the passing of wind.

If you have had a polyp removed or a biopsy, you may experience a little bleeding from your back passage.

Some patients have told us that they experience discharge from their back passage or an urgent need to open their bowels after the procedure. You may therefore like to bring a change of underwear with you.

If the pain continues or you are passing large amount of blood, or you have concerns or questions, please contact the Endoscopy Unit on 020 8321 2585/5191 (8am–6pm) or 020 8321 2121 and ask for the on-call gastroenterologist (6pm–8am).

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