

## Colonoscopy

### What is a Colonoscopy?

This is a procedure in which a flexible endoscope (camera) called a colonoscope is passed through the anus (bottom) into the large bowel/intestine/colon. The colonoscope gives a clear view of the lining of the large bowel allowing the Endoscopist to make a diagnosis.

### Preparing for the procedure

To allow us to look at the bowel you will need to follow a low fibre diet for 3 days before and take some strong laxatives. Please follow the bowel preparation instructions which will be given and explained to you at your pre assessment appointment.

### You need to fast, but you can have clear fluids (no milk) until two hours before your procedure.

Please be aware on the day of your colonoscopy you may be in the unit for up to four hours.

### Pre procedure check list

- Follow the diet and bowel preparation advice from pre assessment.
- Follow medication advice given at pre-assessment, particularly regarding anticoagulants, blood pressure medication, iron supplements, strong pain relief and diabetic medication.
- Clear fluids (no milk) can be taken until two hours before your procedure.
- Bring a £1 coin for your locker (returnable)
- Bring your dressing gown and slippers with you and a book/magazine to read.
- If you choose to have sedation please arrange for someone to drive you home and stay with you overnight.
- Please bring your insulin, diabetes tablets, inhalers and heart medication with you to take after your procedure, as necessary.

### The procedure

Once in the procedure room the colonoscopy will be performed while you lay on your left side, although occasionally it may be necessary for you to change position or for gentle pressure to be applied to your abdomen. The colonoscope is inserted into the back passage.

The endoscopist may take biopsies (samples of tissue using tiny forceps), this is painless. It is also possible to remove small polyps during the colonoscopy. Polyps are abnormal areas of tissue that the endoscopist will want to examine in more detail. Most colonoscopies take between 20 and 45 minutes.

### After the procedure

You will be taken from the treatment room to the recovery area where you will rest on the trolley. After approximately 30 minutes you will be taken to the discharge area to get dressed, have a drink and something to eat. You may feel a little bloated. You may use your mobile in the discharge area or the nurse can contact your lift when you are ready.

If you require an outpatient appointment this will be sent by post.

### **Possible complications**

All procedures of this nature carry a small risk of bleeding or perforation to the mucosal lining. Risk of perforation 1 in 1000.

All therapeutic procedures increase the risk of perforation e.g. dilatation/polypectomy. If a perforation (a hole in the bowel wall) does occur you may need a blood transfusion or a surgical operation.

Due to the anatomy of the bowel lining there is a small chance we may miss small lesions.

### **Sedation or Entonox?**

You may choose to have Entonox (gas and air) and/or sedation with analgesia during the procedure to help with any discomfort.

**Entonox:** Rapid onset pain relief with minimal side effects, self-administered under our supervision and the effect disappears rapidly. You are able to drive within 30 minutes after use

**Sedation:** Given in combination with a morphine based pain relief, this relaxes you, but does not put you to sleep. It stays in your system for up to 24 hours.

If you have sedation you **must** have someone to drive you home and stay with you for 24 hours.

### **Other Information**

The unit is located in core A on level 1 and is sign posted "Endoscopy". Please make your way to the Day Treatment Unit (DTU) waiting room and check in at the reception desk.

**If you may be pregnant, please contact the unit as soon as possible.**

If you have any questions you may contact the Endoscopy Unit between 8am – 6pm weekdays:

### **Nursing Enquiries**

Tel: 01733 673945

Tel: 01733 673944

### **Booking Enquiries**

Tel: 01733 677433

Alternatively you can find more information at our website address:

[www.nwangliaft.nhs.uk](http://www.nwangliaft.nhs.uk)