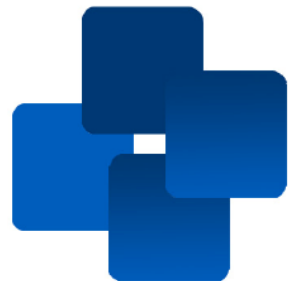


Patient Information

Colonoscopy

An examination of the large intestine (bowel)

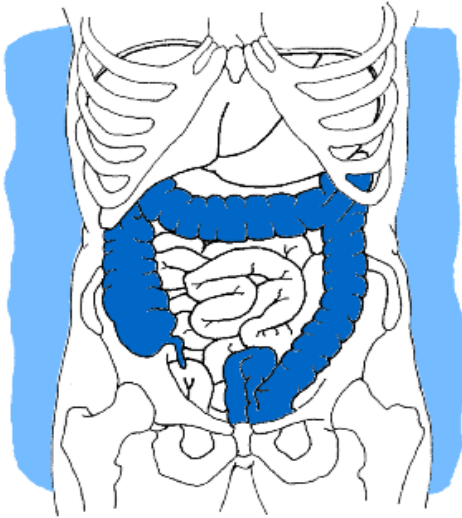
**NHS Bowel Cancer Screening
Programme (BCSP)**



Introduction

The purpose of the booklet is to give you information about your colonoscopy procedure. You have been advised to have a lower gastrointestinal endoscopy to help find the cause of your symptoms. The procedure is called a colonoscopy. This booklet covers frequently asked questions.

What is a colonoscopy?



A colonoscopy is a procedure to look directly at the large bowel (the colon) with a flexible video endoscope. This is passed through the back passage (anus) into the large bowel. This gives the endoscopist a clear view of the lining of the large bowel allowing them to make a diagnosis.

The endoscopist can perform biopsies (a sample of tissue taken painlessly using forceps). It is also possible to remove polyps during the colonoscopy.

Polyps

Polyps are abnormal growths of tissue lining the bowel wall that come in different shapes and sizes. Polyps are not always cancerous, but some types can change into a cancer over a number of years if left, and are best removed. Occasionally a polyp is too difficult to remove during the colonoscopy, we may offer you surgery or a further colonoscopy in order to remove it.

Preparing for the colonoscopy

To allow a clear view, the colon must be completely empty of faeces. You will need to follow a low residue diet and take an oral bowel preparation called Moviprep to clear your bowel of faeces - There is more about this later on in this booklet.

Please read and follow our instructions carefully.

If there is a possibility of pregnancy, please contact our office.

- If you have a **pacemaker** and we have advised you to have a pacemaker check, please contact the BCSP office once this is done.
- Please **stop taking** iron, Ferrous Sulphate or vitamin tablets containing iron **7 days before** your procedure.
- On the day you start to take the sachets of Moviprep, **do not take your diuretics** (water tablets) as you may become dehydrated.
- You are advised not to take your medicines within one hour before or after taking your preparations as it may affect its absorption.
- On the day of your colonoscopy, do not take any medication **unless advised otherwise by the Specialist Screening Practitioner.**
- If you are taking any blood thinning medication (Warfarin, Clopidogrel, Apixaban, Rivaroxaban, or any other medicine to thin your blood), please follow the specific instructions in your letter.
- If you are taking an oral contraception pill, you should take alternative precautions following the procedure.
- If you have **diabetes**, you should have a morning appointment.

Patients with diabetes, please follow the instructions below:

- **Tablet controlled** - Do not take the morning dose but bring your tablets with you to take after your procedure.
- **Insulin controlled or taking any other medication for your diabetes** - It is important that you contact your diabetic nurse or practice nurse to help you to manage your medication.

Admission to the Endoscopy Unit

On arrival, please book in at reception. If you have someone to accompany you they may wait in reception, or leave and be contacted when you are ready for discharge. The time of your admission is not the same time as your procedure. Please be prepared to stay for up to 4 hours. **Please note that the Endoscopy Unit closes at 6pm.**

You will be greeted by one of the endoscopy nurses and escorted to an admitting room where relevant details will be checked. You will discuss the option of having a painkiller and sedative (sedation) to make you relaxed or Entonox (painkiller) which you control yourself by breathing it in. You are offered these because the procedure can be uncomfortable, causing cramp like abdominal pain.

You will be asked to sign a consent form if you have not already done so. This is to ensure that you understand the procedure, any possible complications and gives you an opportunity to ask questions.

You will need to undress for your procedure and wear a hospital gown and paper shorts. After you have changed, a small cannula is placed in the back of your hand or arm.

You can bring a dressing gown, toiletries and loose fitting clothing, plus shoes that are easy to take off.

What happens during the procedure?

In the examination room you will be introduced to the team looking after you. You will lie down on your left side with your knees slightly bent up, and have oxygen given via nasal cannula if you choose to have sedation.

The nurse will stay with you throughout your procedure. A probe will be attached on your finger to monitor your general condition. The endoscopist will examine your back passage with a gloved finger, then the colonoscope is gently inserted into your back passage and your bowel inflated with carbon dioxide or air.

You may feel the sensation of wanting to go the toilet, but as the bowel is empty there is no danger of this happening. A suction channel in the colonoscope can remove any fluid left in the bowel, so don't worry.

You may pass some wind, and although this may be embarrassing, the staff do understand it is the air the endoscopist is putting in.

Once the colonoscopy is finished, you will be taken to the recovery area where you will be offered something to eat and drink.

What are the possible risks of colonoscopy?

- A perforation (hole) in the bowel (around 1 person in 1,700); approximately half of people with perforation will need surgery to repair it.
- Heavy bleeding needing a transfusion (around 1 person in 2,400).
- You may have a reaction to the medication used.

If you have bleeding that is difficult to stop or a perforation happens, we will admit you to hospital straightaway.

What are the benefits of colonoscopy?

- No exposure to radiation.
- Direct visualisation of the bowel wall.
- Opportunity to take a biopsy or remove a polyp.

Alternatives that may be considered

- CT Colonography.

On the day of the procedure

- Please bring any inhalers or heart medication with you.
- Please do not wear nail varnish or false nails on your fingers as it can interfere with our monitoring.
- Please leave your non-essential valuables at home. You may bring your mobile phone.
- If you have an exemption certificate, please bring it with you in case you are prescribed medication.
- You may bring a book or a magazine to read while you are waiting.
- Please check the time to be collected after the procedure with the nurse on admission.
- The waiting areas in the endoscopy unit are mixed sex facilities. However when patients get changed, same sex facilities are provided to maintain your privacy and dignity.

Entonox or Sedation?

Entonox

We offer our patients the opportunity to use Entonox during their procedure. The benefits of Entonox are:

- Rapid onset of pain relief within 1-2 minutes.
- Minimal side effects - no serious adverse effects being reported.
- Ease of administration - you can self administer under our supervision.
- Short duration - effects disappear rapidly once Entonox is withdrawn and you may drive home.

Sedative and painkiller

A sedative and painkiller may be worth considering if you are anxious about the procedure. The endoscopist will advise you in the room if you are unsure. It will be administered through the cannula that you will already have had inserted in your arm or hand. It may have an amnesic effect (give you short-term memory loss) but it will not 'knock you out'.

Following sedation **you should not:**

- Drive home or drive for the next 24 hours.
- Drink alcohol for 24 hours.
- Operate machinery for 24 hours.

If you choose to have sedation, it is essential that you arrange for someone to pick you up and stay with you for the rest of the day.

Moviprep - Colonoscopy

Please follow this instruction booklet very carefully. It has been designed specifically for the colonoscopy procedure and may differ from the manufacturer's instructions.

What is the medicine 'Moviprep' used for?

Moviprep sachets have been prescribed to empty your bowel prior to the colonoscopy. The pack consists of four sachets: two large sachets 'A' and two small sachets 'B'. Moviprep is a powerful laxative and you need to take **all** of the bowel preparation for it to be effective.

- **Do not use Moviprep** if you are pregnant or breastfeeding, or allergic to any of the ingredients (please refer to the manufacturer's leaflet for the ingredients).
- **If you are frail or elderly it is advised that you have someone with you once you start taking your bowel preparation.**

Effects of Moviprep

- Very soon after taking the preparation, or within a few hours, you will experience diarrhoea. You may get some stomach cramps, dizziness, nausea or vomiting, or a sore bottom. Do not go out, but stay close to the toilet. These feelings should ease but may not completely go. **Continue to drink clear fluids.**
- It is advisable to use a barrier cream around your bottom, e.g. Vaseline, white paraffin etc. to help prevent soreness.
- **If you have a stoma bag**, your stoma output will increase with the bowel preparation. You are advised to stay close to toilet facilities and have plenty of spare stoma equipment. Please call your stoma team to provide the right equipment before you start to take the preparation.

This next section is extremely important and contains instructions for when you should start taking the bowel preparation.

On the next page you will see two grids:

- Page 10 is for patients attending a **morning** appointment.
- Page 11 is for patients attending an **afternoon** appointment.

Please be clear of your appointment time so that the correct grid is followed.

If you are concerned or not sure which grid to follow please telephone the BCSP office for advice (01438 285770).

Follow this page if your appointment is in the morning

Appointment Day (AM)	7 Days before procedure	2 Days before procedure	Day before procedure	Procedure Day
Monday	Monday	Saturday	Sunday	Monday
Tuesday	Tuesday	Sunday	Monday	Tuesday
Wednesday	Wednesday	Monday	Tuesday	Wednesday
Thursday	Thursday	Tuesday	Wednesday	Thursday
Friday	Friday	Wednesday	Thursday	Friday
Saturday	Saturday	Thursday	Friday	Saturday
Sunday	Sunday	Friday	Saturday	Sunday
	<p>Stop taking any iron tablets or vitamin tablets containing iron until after your Procedure.</p>	<p>Take a low residue diet today.</p> <p>See additional advice about low residue diet on page 12.</p>	<p>Low residue breakfast.</p> <p>No solid food after breakfast.</p> <p>Clear fluids may be drunk freely.</p> <p>5pm: Prepare 1st litre of Moviprep as per leaflet. Drink the Moviprep over 1-2 hours.</p> <p>8pm: Make up your 2nd litre of Moviprep. Drink it over 1-2 hours.</p> <p>Drink an additional 500ml of water or clear fluids with EACH litre of Moviprep.</p>	<p>No Food.</p> <p>Continue to drink clear fluids.</p>

Follow this page if your appointment is in the afternoon

Appointment Day (PM)	7 Days Before procedure	2 Days Before procedure	Day Before procedure	Procedure Day
Monday	Monday	Saturday	Sunday	Monday
Tuesday	Tuesday	Sunday	Monday	Tuesday
Wednesday	Wednesday	Monday	Tuesday	Wednesday
Thursday	Thursday	Tuesday	Wednesday	Thursday
Friday	Friday	Wednesday	Thursday	Friday
Saturday	Saturday	Thursday	Friday	Saturday
Sunday	Sunday	Friday	Saturday	Sunday
	<p>Stop taking any iron tablets or vitamin tablets containing iron until after your procedure</p>	<p>Take a low residue diet today.</p> <p>See additional advice about low residue diet on page 12.</p>	<p>Low residue breakfast and lunch.</p> <p>No solid food after lunch.</p> <p>Clear fluids may be drunk freely.</p> <p>7pm: Prepare 1st litre of Moviprep as per leaflet. Drink the Moviprep over 1-2 hours.</p> <p>Drink an additional 500ml of water or clear fluids with EACH litre of Moviprep.</p>	<p>6 am: Prepare Moviprep as per leaflet. Drink the Moviprep over 1-2 hours.</p> <p>Drink a further 500ml of water.</p> <p>Allow 2 hours for Moviprep to work after finishing your second litre, before leaving for your appointment.</p> <p>Continue to drink clear fluids.</p>

Low Residue Diet - Some suggestions for meals

Breakfast

- Cornflakes, rice krispies and milk.
- Seedless white bread or toast with butter or low fat spread, jam without seeds and rindless marmalade.
- Boiled egg on white toast.

Lunch

- White bread sandwich with low fat spread or butter with fillings of cheese, ham, tuna, with seedless mustard.
- Clear soup with white bread.

Dinner

- Plain white pasta, chicken or any grilled meat, Quorn.
- White rice, poached fish.
- Egg and bacon quiche.
- Mashed, boiled or roast potatoes.

Do not eat:

- Wholemeal bread, cakes and biscuits, wholemeal flour (in cooking).
- Wholemeal pasta, high fibre white breads.
- High fibre cereal, e.g. Wheatbran, Allbran.
- Wheatgerm, muesli, oatmeal and Weetabix.
- Pulses, fruit, e.g. figs, prunes, dates, blackberries, grapes, pears and tomatoes.
- Vegetables, e.g. broad beans, peas, butter beans, baked beans, brussel sprouts, celery and skin of the potato.
- Dried fruit and nuts, e.g. sesame seeds, sunflower seeds, almonds, hazelnuts, peanuts and brazil nuts.
- Jams and marmalade containing seeds and peel.

Please drink plenty of clear fluids as required until your procedure:

Clear fluids are clear fruit juice/cordials (except red or purple coloured juices), fruit squash, black tea or coffee, clear soup, Bovril, Oxo and fizzy drinks (i.e. lemonade, cola, Lucozade).

Please tick the checklist below to ensure you have read all the information and are ready for your procedure:

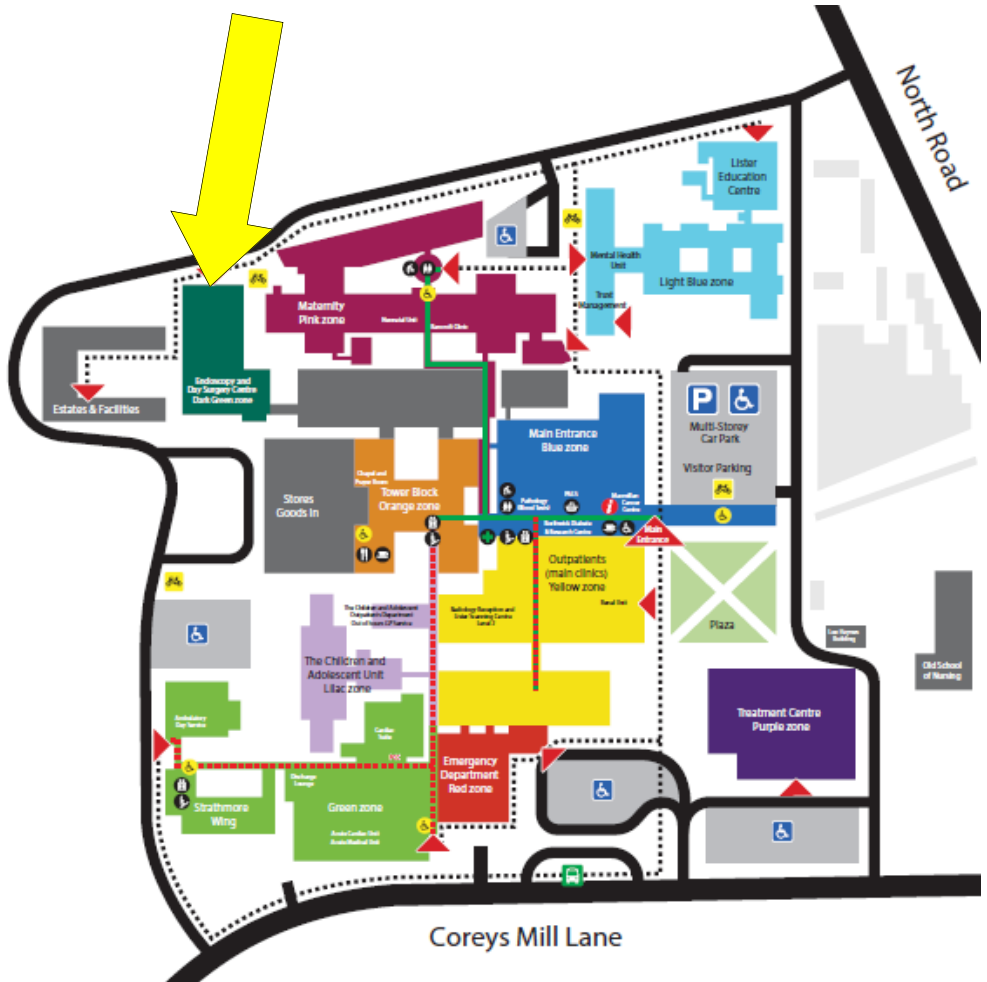
- I have read this patient information booklet
- I have understood the information provided
- I have read the consent form (if given/sent one)
- I have arranged transport (if having sedation)
- I am aware of when I should stop eating
- I have contacted the diabetes nurse (if required)
- I have contacted the anticoagulant clinic (if required)
- I have contacted the BCSP office about my pacemaker check (if relevant)
- I have contacted the BCSP office with any queries

If you are unsure about anything, please contact us.

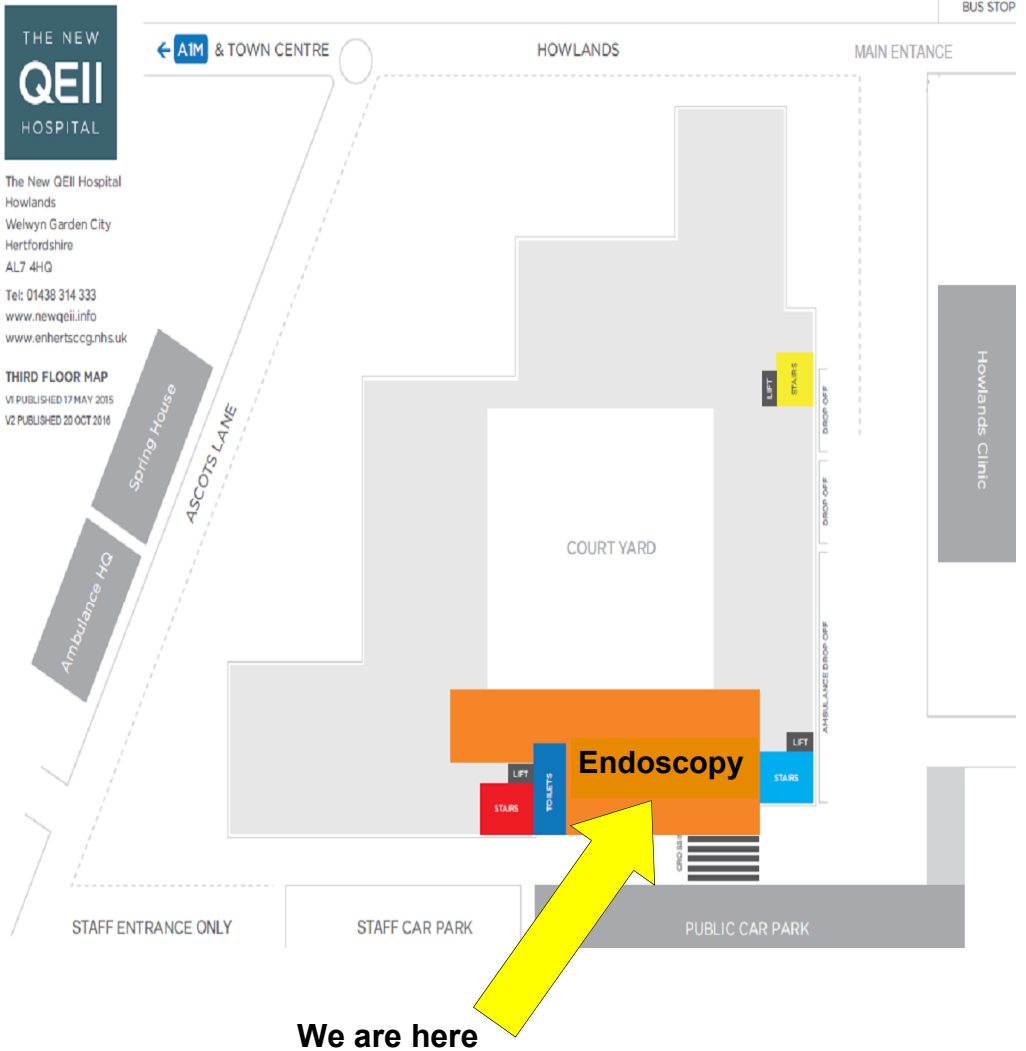
Your procedure could be cancelled if you have not followed the instructions properly.

Site Map - Lister Hospital

We are here - Endoscopy and Day Surgery Centre



Site Map - New QEII Hospital, 3rd Floor



Both site maps can be found on our Trust website:
www.enherts-tr.nhs.uk

Useful Contact Details

Bowel Cancer Screening Office (BCSP) ☎ 01438 285770
Lister Hospital
Coreys Mill Lane
Stevenage
Hertfordshire SG1 4AB

Anticoagulation Clinic - Lister ☎ 01438 285335
New QEII ☎ 01707 223588

Diabetes Nurses ☎ 01438 288301

(This is not an emergency service. Messages left on the answerphone may not be answered for 24-48hrs).



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