

Colonoscopy

Patient Information



Colonoscopy

What is a colonoscopy?

A colonoscopy is a procedure that allows the doctor to look directly at the mucosa (mucus-secreting membrane lining body cavities or passages) of the large bowel or colon.

A colonoscopy also allows removal of polyps during the procedure. These are small clusters of cells that develop on the lining of the colon, and may over time turn cancerous. A colonoscopy can allow your doctor to examine these polyps for any cause for concern.

What will happen during the procedure?

A special long flexible tube with a light at its tip, called a colonoscope, is passed through the anus into the large intestine. If your doctor wants to conduct a polyps biopsy, a tissue sample will be taken during the procedure. It is not painful and is a very safe procedure.

How do I prepare for the procedure?

To allow a clear view, the colon must be completely empty. If it is not, the test will be unsatisfactory and may need to be repeated. Therefore, a strict diet should be followed prior to procedure. This includes a clear liquid diet in the 24 hours leading to the procedure.

You may take: clear chicken soup (yakhni), jelly, soft drinks, honey, clear drinks, tea and coffee without milk, and ORS solution, if not restricted.

Do not take milk, yogurt, lassi, cream soups, meat, rice, roti, fruits or vegetables during this time.

Laxatives are essential and your doctor may prescribe you an AKUH Colonoscopy Solution to be taken a day before the procedure. Dosage and frequency of colonoscopy solution will be guided by your physician.

The doctor may prescribe some blood tests; you should have the results of all prescribed tests before the procedure. These include:

- Pro-thrombin Time (PT)
- Hemoglobin (HB)
- Platelet Count.

If you are on blood thinning medication, consult your doctor beforehand as they may need to be discontinued before the procedure. Take any prescribed anti-hypertensive at routine time and avoid diabetic medications when fasting.

What to do on the day of the procedure?

- Do not take anything from four hours prior to the procedure.
- Arrange someone to drive you home after the procedure.
- Leave all jewelry and valuables at home.
- Bring along your Medical Record number, accommodation form for the procedure and reports of any blood tests done.

What will happen in the Endoscopy Suite?

- The doctor and staff will explain the test and will ask you to sign a consent form. If you have any concerns, please ask.
- Please inform the doctor if you have had any allergies or bad reactions to other tests.
- You will be asked to wear hospital clothes and remove any false teeth.
- The nursing staff will take your vitals and assess you. A nurse will stay with you to monitor your vital signs and assist the doctor as necessary.
- The nursing staff may insert an intravenous cannula so that you can have a sedative to help you relax and stay comfortable during the procedure.
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What will happen during the procedure?

- You will be asked to lie down on stretcher on your left side.
- The doctor will insert a lubricated colonoscope (flexible tube) to examine your gut.
- The doctor may ask you to change positions during the test. It may take 40 to 50 minutes to complete the procedure.
- If required, biopsies will be taken.
- You may feel some bloating and a sensation of gas. This is due to the air that is put into your bowel to allow the doctor a clearer view. This air is removed at the end of the test.
- Once the procedure is completed, the colonoscope is removed from your body.

What happens after the procedure?

- You will be asked to rest for at least one hour before getting dressed.
- A nurse will stay with you to monitor your blood pressure, heart rate and O2 saturation.

- You may feel bloated from any air left in your bowel. This will pass once you start walking around.
- You may resume your normal diet after you wake up.
- At the time of discharge you will receive a copy of your electronically typed report with pictures, your white card, medication prescription, discharge instructions and information about your next follow up appointment with your doctor. You will also be instructed at this time if any investigations are required by your doctor.

Going home after the procedure

- If you are going home, it is essential that someone comes to pick you up.
- Take rest for the remainder of the day.
- Do not drive for at least for 24 hours after the procedure.
- Do not operate any machinery for the rest of the day for procedure.
- Refrain from smoking, tobacco and alcohol.
- By the next day, you should be able to resume your normal activities.

What are the possible complications of colonoscopy?

Colonoscopy is a safe procedure. However, as with other procedures, there can be complications, some of which are listed below:

- Perforation, or tear, through the bowel wall which could require surgery to correct.
- Bleeding might occur at the site of biopsy or polypectomy, but it is usually minimum and no cause for concern. Bleeding can stop on its own or can be controlled through colonoscopy, rarely surgery may be required.
- Contact your doctor if you notice:
 - Severe abdominal pain
 - Fever and chills
 - Rectal bleeding. Note that bleeding can occur several days after the procedure.

About AKUH Colonoscopy Solution

The AKUH Colonoscopy Solution is used in colonoscopy as a saline laxative. This oral solution contains sodium phosphate and sodium biphosphate.

Dosage and administration (for Adults)

Day before the examination: On day before examination, take three tablespoons (45 ml) AKUH colonoscopy solution with half a glass of cold clear liquid (Cola, Sprite, 7 Up or juices) in the evening.

Day of Examination: On the day of the examination, in the morning, take three tablespoons (45 ml) AKUH colonoscopy solution with half a glass of cold clear liquid (Cola, Sprite, 7 Up or juices).

Patient Instructions:

- Individual responses to laxatives varies.
- This preparation often works within 30 minutes but may take as long as three hours
- Stay close to the toilet as multiple bowel movements may occur.
- Due to multiple bowel moments you will be at risk of dehydration. Therefore take lots of fluids and ORS if not contraindicated.
- Do not drink anything for four hours before the procedure.
- Do not exceed the dose as serious side effects could occur.
- This preparation is for oral use only.
- The solution should be stored in a cool dry place. Protect from direct light.

Caution:

- This solution should not be used in patients with congenital mega colon, bowel obstruction, congestive heart failure and those who are on aspirin.
- This solution should be administered with care in patients with renal impairment.

Note:

Consult a doctor before taking this preparation.

For further Information related to medications, please call the AKUH Pharmacy at 021-3486-1504.

If you need to reschedule your appointment, please call the Endoscopy Suite at 021-3486-1422/1423, Monday-Saturday, 8:00 am-5:00 pm.