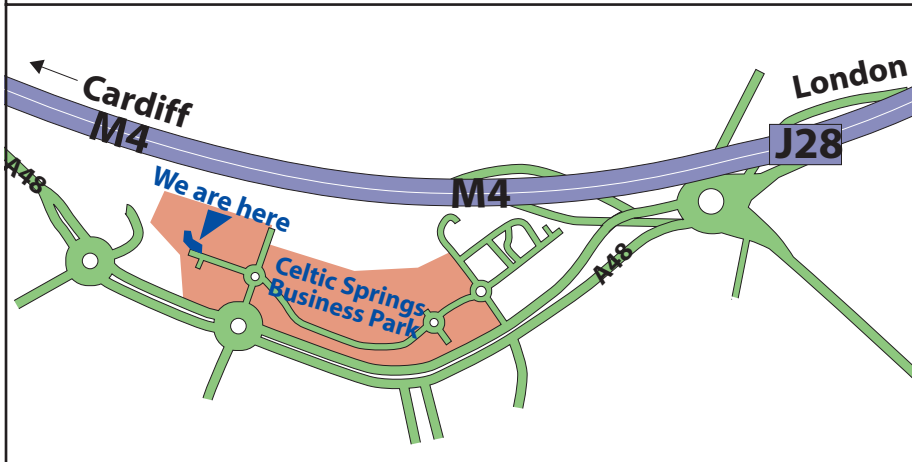


This fact sheet was designed to help you. Please do not hesitate to ask any questions of our specialists and nurses.

If you have any problems following your procedure call
Nucleus Healthcare during opening hours

07:30-18:00

Find Celtic Springs By exiting the M4 at junction 28 and travelling less than half a Kilometre towards Cardiff on the A48 trunk road



Nucleus Healthcare
Spooner Close,
Celtic Springs ,
Newport, NP10 8FZ
www.nucleushealthcare.co.uk
Tel: 01633 815900
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Colonoscopy Inside Story

Endoscopy is a procedure diagnostic or therapeutic where a thin flexible tube, endoscope is used to view the lining of your stomach/bowel. The image produced via a video processor is displayed on a television screen that allows an excellent view for your specialist. Special instruments can be passed down the endoscope to obtain a biopsy, a tiny tissue sample or to remove polyps. All samples are sent to the laboratory for analysis.

Colonoscopy is an endoscopy of the large bowel, colon.

Preparation for a colonoscopy

When you phone to make your appointment the secretary will give you details when your appointment has been arranged. However the bowel **MUST** be completely clean for the examination to be accurate. Therefore it is important that the instructions you are given are followed carefully. If you have any difficulties with the preparation please contact Nucleus Healthcare.

Bring with you

- Your referral letter for the procedure if you have one.
- Any x-rays relevant to your procedure.
- A list of current medications you are taking.
- Medical insurance authorisation number/letter, if applicable.
- Dressing gown and slippers.

Because you will have had sedation, it is important that you arrange for someone to drive you home and stay with you for 24 hours following the procedure. You are not permitted by law to drive yourself

On arrival The procedure

- Further information regarding the procedure you are having you.
- A nurse will obtain health details from you.
- You will be asked to change into one of our gowns.

The procedure

- Once you have changed into one of our gowns you will be wheeled or walk down to a room where a needle will be inserted into your hand or arm prior to procedure.
- Sedation is given to you to help you relax. This is optional but it does facilitate the procedure considerably.
- Colonoscopy involves passing the endoscope along the whole of the colon and rectum.
- Most procedures take 15 to 30 minutes. However your stay at the unit will be approximately 1 to 2 hours.

Safety

The colonoscope is completely cleaned and disinfected between each patient to avoid the risk of transmission of serious diseases such as HIV or hepatitis.

Risks

Colonoscopy is considered to be a very accurate test. However, there is a risk that an abnormality may not be detected.

Serious complications of colonoscopy are rare, at less than 1 in 3,000 examinations.

However complications can occur and include the following:

- Intolerance to the bowel preparation. Some people develop dizziness, headaches or vomiting.
- Reaction to the sedatives or anaesthetics. This is very uncommon but is of concern in people who have severe heart disease or lung disease.
- Perforation making a hole in the bowel.
- Significant bleeding from the bowel, usually after a polyp removal.

It is possible if these serious complications occur that you may require surgery or a blood transfusion.

- Rare side effects can occur with any procedure. Death is extremely rare.
- If you wish to have further details discuss this with your endoscopist before the procedure.
- If you have any of the following symptoms in the hours or days after colonoscopy contact Nucleus Healthcare immediately:
Severe abdominal pain.
Black tarry motions.
Persistent bleeding, fever or other symptoms that cause you concern.

After the colonoscopy

Following your procedure you will be wheeled into the recovery room where you will rest to allow the sedation to wear off.

When you awake your specialist will discuss your examination results with you or your family if you so wish. Sometimes you do not clearly remember the discussion, due to the sedation and hence a written summary will also be given for your reference and a followup appointment made to see your consultant. A detailed report will be sent from your specialist to your GP or referring doctor.

A light snack will be served before you leave the clinic.

Laboratory results from any biopsies taken will be sent to your GP or referring doctor and the clinic for your specialist to see. These can take up to 7 days to be processed.