

Having a colonoscopy under the Bowel Cancer Screening Programme (with Klean-Prep)

Bowel Cancer Screening Nurse - Tel: 01271 314099

Gemini Endoscopy Suite - Tel: 01271 349180

Patients name:

Hospital No:

Your appointment is at on

Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language, please telephone the PALS desk on 01271 314090.

This leaflet will answer many of your questions about your colonoscopy. However, if you would like to speak to someone, please contact the bowel cancer screening nurse on 01271 314099.

Why is a colonoscopy needed?

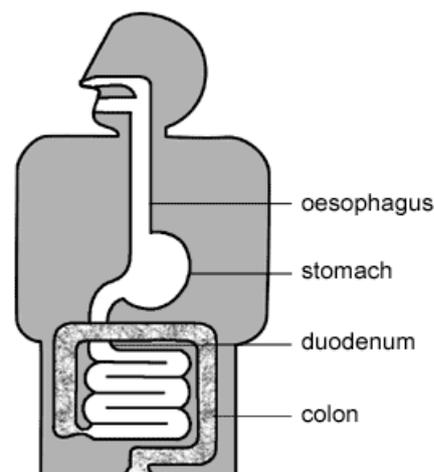
This examination allows us to look directly at the colon (large bowel). This means we can check whether any disease is present and may help us find the cause of your abnormal screening test (FOB test).

What does it involve?

A colonoscope is a thin, flexible tube, with a camera at the end. It is passed through your rectum (back passage) into your colon. There are medications you can choose to help you through your colonoscopy. These include

Sedation: the type of sedation used is called waking sedation. It does not knock you out but will help you to relax during the procedure.

Pain Relief: this can be an injection or gas & air (Entonox).



You may choose to have one or more of these. Some patients choose to have no medications at all.

Sometimes a small amount of tissue may need to be taken from a particular area for further examination in the laboratory. This can be in the form of biopsy or polypectomy. Tissue is removed using tiny forceps or thin metal wire passed through the colonoscope. This is usually painless. However, you may feel a tugging sensation. During the test, photographs of you bowel may be taken.

How to find us

The Gemini Endoscopy Suite is located on Level 0 at the North Devon District Hospital in Barnstaple.

If you come in through the main hospital entrance, use the lifts or stairs to go down to Level 0. On leaving the lift turn right and head for the link corridor. The corridor forms a 'crossroad' - take the right turn and follow the corridor up to a double set of doors, through the doors and the Gemini Endoscopy Suite is on your left. Please press the buzzer to obtain access to the Suite.

If you come in from the Endoscopy Drop-off Zone, go through the blue door and the entrance to the Gemini Endoscopy suite is directly opposite.

Special preparations

If you are on medication to thin your blood, for example **Warfarin** or **Clopidogrel**, and this has not been discussed at your clinic appointment, please call the Bowel Cancer Screening Nurse on 01271 314099.

If you are a diabetic on medication (insulin or tablets), you may need to adjust your dose. For advice, please contact the Diabetic Liaison Nurse on 01271 322726.

Please follow these steps to prepare for your colonoscopy

To ensure an empty bowel and a complete examination, please follow our advice carefully.

Five days before colonoscopy

Please avoid granary or multiseeded bread and crisp breads, also any cereals containing seeds eg: muesli, granola.

If you take iron tablets or medications to control diarrhoea, please stop taking them until after your colonoscopy. You should continue to take any other medications, including laxatives.

One day before colonoscopy, taking your bowel prep

Do not eat any solid food for at least two hours before you take Klean-Prep and up until after your procedure.

If you have a morning appointment:

Eat your last meal by 12 midday. You will not eat solid food again until after your colonoscopy. Wait two hours before starting your bowel prep.

Start the 1st litre at **2pm**, the 2nd litre at **4pm**, the 3rd litre at **6pm** and the 4th litre at **8pm**.

If you have an afternoon appointment:

Eat your last meal by 12 midday. You will not eat solid food again until after your colonoscopy. Wait two hours before starting your bowel prep.

Start the 1st litre at **2pm**, the 2nd litre at **4pm**, the third litre at **6pm** and the 4th litre at **8am** the following morning.

Please ensure you drink plenty of fluids from the permitted list of fluids throughout the morning on the day of your appointment.

Instructions for taking Klean-Prep

1. Dissolve the contents of a sachet into a litre of water (1 $\frac{3}{4}$ pint), you may add cordial to taste. Store in the fridge and drink chilled at a rate of one glass every 10-15 minutes.
2. Make up and take the next sachets in the same way.
3. After drinking Klean-Prep you will have lots of watery bowel movements so stay near a toilet.
4. The effects of the bowel prep may give you a sore bottom. To help prevent this, use a barrier cream such as Sudocream, zinc and castor oil, or any type of nappy cream. Apply the cream to the appropriate area before starting the bowel prep. Use moist toilet / baby wipes to clean with. These can also be stored in the fridge to provide a soothing effect if soreness occurs.

The day of your colonoscopy

On the day of your examination continue to drink clear fluids until two hours prior to your colonoscopy. For those two hours it is necessary to remain nil by mouth until after your procedure.

Permitted fluids:

It is important to drink plenty of clear fluids. Drinks might include:

- All types of water
- Lucozade & any other sports drinks
- Tea & coffee (little or no milk), fruit & herbal teas
- Fizzy drinks, eg. Coke, ginger beer, tonic water etc
- Clear fruit juice, apple, cranberry, red/white grape juice, **not orange juice**
- Fruit squashes **not Blackcurrant**
- Hot honey & lemon
- Oxo, Marmite, Bovril
- Consommé/clear soup

You can also have:

- Any sugar-based sweets, eg. Jelly babies, fruit pastels, wine gums, Polos, dextrose tablets
- Jellies (not red-colored)

Possible side-effects of preparations

When taking these preparations, feeling sick, fullness in your stomach, bloating and some intestinal cramping may be experienced. If any of the side-effects become serious, contact the bowel cancer screening nurse on 01271 314099 or ring your GP for advice.

PLEASE NOTE: Do not take any other medicine by mouth within one hour of taking Klean-Prep, as it will probably be flushed out before it has time to work.

What to bring

Please bring:

- Consent form (if given at pre-assessment)
- Dressing gown and slippers
- Any tablets or medicines you are taking
- Your reading glasses

Please do not wear jewellery, make-up or nail varnish for this appointment.

Do not bring any valuables with you, as we cannot take responsibility for any losses.

What will happen during the test?

You will be asked to lie on your left side on the trolley and made as comfortable as possible. A probe will be placed on your finger and a blood pressure cuff put on your arm. This is to monitor your pulse and blood pressure during the procedure, and is routine. A small plastic tube will be placed in to a vein in your arm or hand. This is used to give you a sedative to make you more relaxed and sleepy.

The doctor will then pass the colonoscope gently into your rectum (back passage) and then proceed on to your colon (large bowel). The examination usually takes about 30-40 minutes.

What should I expect after the test?

After the examination, you will be taken to the recovery area, where you will be able to rest and relax. You will feel the need to pass quite a lot of 'wind' from your bowels. This may last for about 12 hours and is quite normal after this procedure.

If you have had a biopsy taken or polyp removed (small sample of tissue), you may notice a small amount of blood from your rectum (back passage), either on the toilet paper or in the toilet pan.

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern, call 01271 314090 or email ndht.pals@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at www.careopinion.org.uk.

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