

INFORMATION REGARDING COLONOSCOPY

Instruction for Patient

Colonoscopy is a procedure for evaluation the large bowel (colon) by direct vision from the luminal side. It is performed by using a flexible, thin instrument which is inserted via the anus. Attached to this instrument is a light source and a channel for viewing the inside of the bowel. It is manipulated throughout the large colon and because of its flexible nature can go around corners. Colonoscopy is particularly useful as it can allow for abnormal pieces of tissue to be biopsied or even small growths (polyps) to be removed with the instrument.

The procedure is done under mild sedation so most patients are unaware of the investigation. A full general anaesthetic is not needed. Occasionally some patients have such tight corners that it is impossible to get the instrument to examine the whole length of the colon. In such cases a follow-up barium enema (an X-Ray) may be necessary. **Naturally the bowel needs to be very clean to get a clear view, and thus it is necessary to prepare the colon by drinking the colonic lavage solution that will produce loose motions until the colon is clean.**

You will be able to go home the same day, but because of the sedation you are not allowed to go back to work or drive a car. You should arrange for someone to pick you up about three to four hours after your examination. At a later date you will need to discuss the results of your examination with either your local doctor or your specialist.

After your procedure there may be some mild discomfort and bloating due to the stretching of the colon. You will be able to eat normally. The most serious complication that can occur is a tear or perforation of the colon. This occurs approximately one in every five thousand colonoscopies. If this were to occur, a large operation may be necessary to repair the problem.

If you have any concerns either before or after the procedure you can discuss them with either your doctor or specialist.

Colonic Preparation

Starting 5 days before your procedure have a low a low fibre diet to help cleanse your large bowel. Avoid seeds, nuts, raw vegetables, tomatoes, wholegrain breads and pastas, red meat, popcorn and fatty food. Suitable foods include white bread and pasta, well cooked vegetables, fruits without skins, egg, boiled chicken, and steamed fish.

On the whole day before your procedure you should have only CLEAR FLUIDS. Approved clear fluids are - Water, apple or pear juice, plain jelly (light colours), strained chicken noodle soup, Bonox, black tea or coffee, Lucozade, Gatorade, Stamina, carbonated drinks, clear broth, lemon or lime cordial.

NO RED OR PURPLE COLOURINGS. NO MILK PRODUCTS OR ALCOHOL ALLOWED.

**** THIS IS FOR THE ENTIRE DAY ****

On the afternoon before your examination you should drink the colonic lavage solution (PICOLAX or PICOPREP). PLEASE FOLLOW THESE INSTRUCTIONS GIVEN TO YOU AND NOT THE LEAFLET IN THE BOX.

This solution is available from your pharmacy without a prescription. You are to take one sachet at **1pm** and **4pm** and the last at **7pm**.

Until your fasting time you should consume a large quantity of clear fluids.

You should have nothing to eat or drink after MIDNIGHT.

The staff at the hospital will advise you of your admission time.

If unclear about this procedure and your preparation, you should discuss it with your local doctor, or my Assistant on 0413055609 prior to the examination.