

After your Colonoscopy

You will be observed in the recovery area until the effects of the sedation have worn off. The IV will be removed from your arm before you go home.

Further tests may be requested by the Consultant. These tests may be completed on the same day of your examination or a future appointment date will be given.

When you have sufficiently recovered you will receive a light snack and the person designated to accompany you home will be contacted.

You will then be able to go home, once the person collecting you has arrived at the unit. **They must come to collect you from the Endoscopy unit.**

Contact Details for Endoscopy Unit

If you require any other information regarding your Colonoscopy

Phone: 01 6639847

Monday-Thursday 07.30-18.00

Friday 07.30-16.30

Email: dayward@stmichaels.ie

If you cannot attend this appointment please ring us immediately

Phone: 01 2713074

Please contact a member of staff if you require this information in large print, audio format or another language.

Consent Form

I

Parent/Guardian of

I/We have read the information on this leaflet and understand the procedure that will be performed and that I/We will have the opportunity to ask questions before the procedure.

I understand the risks and benefits of, and alternatives to, the procedure. I understand that sedation may be required and that any other procedure found to be necessary will be performed. I understand the transfusion of blood/blood products may, rarely, be necessary and I agree to receiving these.

I am aware that tissue samples may be taken of necessity and may be retained for future testing and/or education and research.

I/We consent to the procedure of Full Colonoscopy.

Signed

Date

(Patient)

Signed

(Parent/Guardian)

Signed

(Endoscopist)

Date:

Dept : Dayward
Issued On : 30/04/2015
Review Date : 30/04/2016
Leaflet No : SMH 101

St. Michael's Hospital

Dun Laoghaire - Dublin



Full Colonoscopy

Patient Information and Consent

Please read this information and consent leaflet prior to your procedure and bring with you on day of appointment.

What is a full colonoscopy ?

A full colonoscopy is a visual examination of the lining of your bowel. It is performed by passing a small flexible tube through the rectum into the colon. During the course of the examination biopsies may be taken.

Benefits

Colonoscopy is the most efficient way to inspect the bowel. If problems such as polyps are identified these will be taken away by the doctor if it is deemed safe. Removing polyps increases slightly the risk of the procedure, but reduces the risk of bowel cancer in the years ahead. Colonoscopy is not a perfect test and things, such as polyps or cancer, can occasionally be missed. Ensuring that your bowel is very clean helps to reduce the risk of this happening.

Risks

Colonoscopy is a safe test but there are some risks. Complications include, but are not limited to, perforation (tear), haemorrhage (bleeding), or reaction to medication. Complications may require urgent treatment including surgical intervention (operation) and can carry risks to life and health.

Preparation for your colonoscopy:

One week before:

Stop all constipation causing tablets (immodium,codeine phosphate) and Stop taking Iron tablets and multivitamins

Two days before your colonoscopy start a low roughage diet including the following:

- Boiled/Steamed white fish
- Boiled chicken
- Potatoes (no skin)
- Eggs/cheese/white bread
- Seedless jam/marmite/honey
- Rich tea biscuits/chocolate
- Yoghurt / Ice cream / Green jelly
- Fluids are not restricted

Avoid the following:

- Red meat
- Fruit / Vegetables
- Cereals/nuts/seeds/brown bread

The day before your colonoscopy:

To allow a clear view, your colon (bowel) must be empty. You should start your bowel preparation 24 hours before your procedure.

- You must get a prescription for the bowel preparation from your GP (if you did not receive it at our outpatients dept.).
- Read the instructions that come with the bowel prep in detail before commencing it.
- Your bowel motions should become clear fluid when you have completed your bowel prep that is how you know it has worked fully.
- Drink plenty of clear fluid during the bowel preparation to stay hydrated.
- If you are being admitted before 12 midday - start your prep on the morning of the day before the procedure and finish it by the evening.
- If you are coming for an afternoon Colonoscopy - start the bowel prep the afternoon before and finish it by the morning up to 4 hours before your admission time.
- Once you start your bowel prep you will not eat again until after your colonoscopy
- You should not drink any fluids for two hours prior to your admission, including chewing gum

Conscious Sedation

- The procedure is performed under sedation. This is different than a general anaesthetic. You will be awake enough to talk with staff during the test and tell them if you are having any discomfort. You may remember things about the test. Because of the sedation **you must be collected on discharge.** You will not be allowed to drive or travel unaccompanied after the test.
- **It is illegal to drive for 24 hours after conscious sedation and you must be accompanied home if you have not made travel arrangements for discharge your colonoscopy may be cancelled.**

Consent

You are asked to read the information contained in this leaflet. The doctor performing the test will answer any questions you may have and you may change your mind at any time, prior to the procedure. You do not sign your consent form until you come in to the Endoscopy Unit for your procedure. Please bring this form with you on the day.

What happens during your colonoscopy?

- A nurse will stay with you throughout the examination.
- The team will put an IV line in your arm and your pulse and oxygen levels will be monitored.
- You will usually receive sedation and painkillers for the procedure.
- You will be asked to lie on your left side.
- An examination of your rectum will be carried out.
- The tube will be passed through the rectum into the colon.
- The test will take between 15-60 minutes.
- During the test air will be put into your colon which enables a better view.
- You may feel some stomach cramps and some pressure from the tube. This is normal and will pass quickly.
- There may be other members of the hospital multidisciplinary team present during the procedure for education/training purposes
- Photographs/videos of the intestine and samples of the intestine (biopsies) may be taken as part of your care, in order to diagnose or exclude particular diseases.

Imaging/Biopsies

The images or samples taken may be retained by the hospital for further testing and/or education and research in accordance with hospital procedures. In any such event, patient confidentiality will be maintained at all times.

Special Requirements

If you use a wheelchair or have a physical or any other disability please contact us to let us know in advance so that we can ensure you receive appropriate supports.

FAQ's (frequently asked questions)

Will it hurt? A colonoscopy can be uncomfortable but shouldn't be painful, we will monitor your pain throughout the procedure and can administer pain control if required.

When do I get my results? We aim to give you any results available on the day. If any follow up tests are carried out, the results will be forwarded to your GP or we will arrange for you to be seen at Outpatients whichever is appropriate. We will give you the relevant details before you leave the hospital.

How long will I be in hospital for? Up to 5 hours from your admission time.

Can my relatives stay with me? We request that all relatives do not stay in the unit as it is a patient care area, unless exceptional circumstance or for consent purposes.