

Following your Left Colonoscopy

- 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.
- If you have not received sedation you may go home as soon as you have had a light snack and follow up instructions have been give.
- You can then resume all normal activities immediately.
- If you have received sedation you will be observed in the recovery area until the effects of the sedation have worn off. The IV line will be removed from your arm before you go home.
- When you have sufficiently recovered, you will receive a light snack and your discharge instructions.
- 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 Left Colonoscopy contact:

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 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 that 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 give my consent to undergo the procedure of Left Colonoscopy.

Signed

Date

(Patient)

Signed

(Parent/Guardian)

Signed

(Endoscopist)

Date:

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St. Michael's Hospital

Dun Laoghaire - Dublin



Left Colonoscopy

(Also applies to Sigmoidoscopy)

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 Left Colonoscopy?

A left colonoscopy (this information also applies to patients undergoing a sigmoidoscopy) is a visual examination of the lining of the lower portion of the bowel. It is performed by passing a small flexible tube through the rectum.

Benefits

Left Colonoscopy is the most efficient test to check the lower 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. Left Colonoscopy is not a perfect test and things, such as polyps or cancer, can on occasion be missed.

Risks

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

Preparation for your Left Colonoscopy:

- To allow a clear view, your lower colon (bowel) must be empty. To enable this, you will be given an enema after you arrive in the hospital which will clear the lower bowel before the examination.
- Do not eat anything for 6 hours before your admission time (including chewing gum).
- Do not drink any fluids for 2 hours before your admission times.

Conscious Sedation

- Most patients choose to have their Left Colonoscopy performed without sedation, This has the advantage that you can go home almost immediately after the test once you have had a small snack and you do not need to be accompanied home.

Left Colonoscopy under sedation:

- If 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 and you want sedation your left colonoscopy may be cancelled.**

Consent

You are asked to read the information contained in this leaflet. You will sign your consent when you are admitted. The doctor performing the test will answer any questions you have and you may change your mind at any time prior to the procedure. Please bring this form with you on the day.

Procedure

- A nurse will stay with you throughout the examination.
- If necessary, the team will put an IV line in your arm. Your pulse and oxygen levels will be monitored.
- 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 lower part of the colon.
- The test will take up to 15 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 educational 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 left colonoscopy can be uncomfortable but shouldn't be painful, we will monitor your pain throughout the procedure and administer pain control if required.

When do I get my results? We aim to give you any results 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 in Outpatients whichever is appropriate.

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

How is a Left Colonoscopy different from a full Colonoscopy? As it is only the lower part of the bowel you will receive an enema you do not need to take a bowel preparation drink.

Can my relatives stay with me? We request that all relatives do not stay in the unit as it is a 1 patient care area, unless in exceptional circumstances or for consent purposes.