

Bowel Cancer Screening Programme

Preparing for a colonoscopy procedure

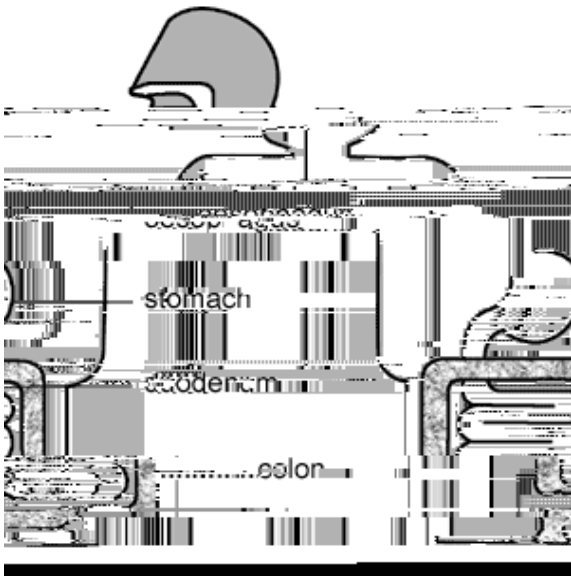
(using Moviprep with or without Senna). ref7.5e98 9(o)-7arir 123 Tm4 748.34073 T

an injection (Fentanyl) or gas & air (Entonox).

one or more of these. Some patients choose to have no

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 contact the PALS desk on 01271 314090 or at ndht.pals@nhs.net.



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 your 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.

Once entering the hospital grounds, take the first turning right passing the Seamoor Unit with the living roof. Take the next left and follow the sign to the 'Endoscopy Suite drop-off point' and then on foot, follow the signs to the Endoscopy Suite. 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, Acenocoumarol, Phenindione or Clopidogrel, Dipyridamole, Prasugrel, Tricagrelor or Rivaroxaban, Apixaban, Edoxaban, Dabigatran** and this has not been discussed at your clinic appointment, please contact the Bowel Cancer Screening Nurses on **01271 314099**. You will have written instructions when to restart your medication after your procedure.

If you are a diabetic on medication (insulin or tablets), you may need to adjust your dose. The nurse will advise you and provide additional diabetic related information. For specialist advice, please contact the **Diabetes nurse on 01271 322726**.

Please follow these steps to prepare for your colonoscopy

Moviprep is given prior to colonoscopy to ensure the bowel is empty and allow complete investigation. When taking Moviprep some intestinal cramping is normal. If you feel clammy, faint or vomit, please stop taking the preparation and call the Bowel Cancer Screening Nurses or the Endoscopy Suite within office hours. Out of hours, please call your GP for advice.

In order to maximise the efficacy of the Moviprep bowel cleansing solution, you may also be asked to take Senna tablets prior to your colonoscopy.

If this box is ticked, you need to take Senna tablets for five nights before you start taking the Moviprep bowel cleansing solution, following the instructions below:

Starting on.....take TWO 7.5mg Senna tablets each evening for FIVE nights.

Dispose of any remaining tablets not used during this period safely (e.g. by taking to your local pharmacy).

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. Continue to take your other medications as normal, unless you have been given specific advice as part of the initial assessment.

Four days before colonoscopy

Please follow the 'Low Residue Diet' sheet for 3 full days, until you are asked to stop eating. Continue to avoid eating seeds.

One day before colonoscopy

Instructions for taking Moviprep

1. Empty the contents of sachet A and B into a 1 litre (1 $\frac{3}{4}$ pints) jug.
2. Add water into the jug up to the 1 litre mark and stir until the powder has dissolved and the Moviprep solution is clear or only slightly hazy. This can take up to 5 minutes.
3. You may flavour the Moviprep with squash if you wish.
4. Drink one glassful ($\frac{1}{4}$ pint or $\frac{1}{2}$ pint) of Moviprep about every fifteen minutes until you have drunk it all. Drink it over 1-2 hours.
5. It is **important** that you drink an additional 500mls – 1000ml of permitted fluids after **each litre** of Moviprep.
6. Make up and take the next sachets in the same way.
7. After drinking Moviprep you will have lots of watery bowel movements so stay near a toilet.
8. 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 to take the Moviprep. Use moist toilet / baby wipes to clean with. These can also be stored in the fridge to provide a soothing effect if soreness occurs.

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 Gemini Endoscopy Suite on **01271 349180**, 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 Moviprep, 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
- A list of or any tablets/medicines you are taking
- Your reading glasses

Please **do not use moisturising creams** on your body prior to your colonoscopy procedure or 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.

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