

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

Paç } • } a{ ^: õ õ õ õ õ õ õ õ õ õ õ õ õ õ õ õ õ

H[•] ã | N[: õ õ õ õ õ õ õ õ õ õ õ õ õ õ õ õ õ

Y[~ | a]] [ã ç ^ } cã acõ õ õ õ õ õ õ . [} õ õ õ õ õ õ õ õ õ

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.

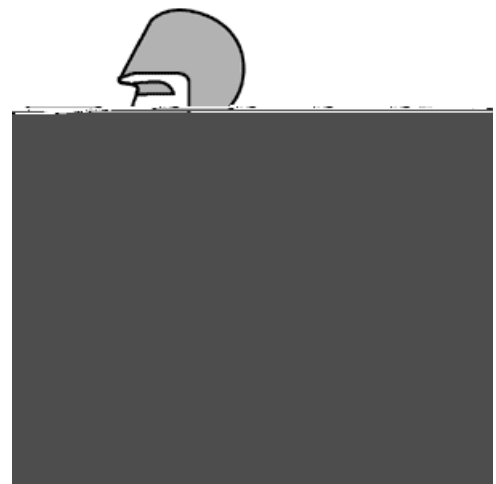
This leaflet will answer many of your questions about your colonoscopy. However, if you would like to speak to someone, please contact the bowel cancer screening nurse on 01271 314099.

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).

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.

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 ~~be~~

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.

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.

A colonoscopy is the most effective way to diagnose bowel cancer and for most people it is a straightforward procedure. However, as with most medical procedures, there is the possibility of complications. These can include heavy bleeding (about a one in 150 chance) which will need further investigation or medical advice. There is approximately a one in 1,500 chance that the colonoscope could cause a hole (perforation) in the wall of the bowel. In extremely rare cases, colonoscopy may result in death. Current evidence suggests that this may only happen in around one in 10,000 cases.

As you will only have had sedation for this examination, you will be able to go home within about 2½ hours of your appointment time. However, it is imperative that someone comes to pick you up (please **do not**

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.

£a!^ O] ã ã } q& { { ^} • † † { • a!^ [] a|| , a!â• [† [] |ã ^ ac, , , .&a!^ [] ã ã } . [† * . ^ \ .