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# COLONOSCOPY PATIENT INFORMATION LEAFLET

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PREPARATION DAYS	INSTRUCTIONS	TICK
10 days prior	If you take Iron tablets please stop	
7 days prior	Avoid the following foods: <ul style="list-style-type: none"> <li>❶ Lettuce</li> <li>❷ Sweetcorn</li> <li>❸ Beetroot</li> <li>❹ Seeds</li> </ul> <p><i>(please arrange to buy bowel preparation prescription from your Pharmacy)</i></p>	
4, 3 and 2 days prior	Commence low fibre diet. ( <i>Page 2 &amp; 3</i> )	
1 day prior	Strictly follow Bowel preparation instructions <i>(It should take 1-2 hour to drink your medication; you might feel sick if you drink it too quickly)</i>	
On the day of colonoscopy	Ensure your last drink of water or 7up ( <i>200mls max</i> ) is 2 hours before admission time.	



# LOW FIBRE DIET:

Only to be taken 3 days before starting Bowel Preparation

## FOODS ALLOWED

### **Breads and crackers**

- White bread or white rolls.
- Plain/cream crackers.

### **Breakfast cereals**

- Cornflakes, Rice Krispies.

### **Grains, pasta and pulses**

- Tapioca/semolina/sago, white rice, white pasta, couscous, noodles.

### **Meat, fish and eggs**

- All types of lean meat and fish (*except minced meat*).
- All egg dishes without vegetables.

### **Dairy products**

- Milk, butter, smooth yogurt, cheese, fromage frais, cream.

### **Fruit** (*No more than 1 portion per day*)

- Fruit juice without bits. All fruit should be ripe and peeled e.g. pears, peaches, plums, melon or bananas. Soft tinned fruit e.g. peaches/pears or stewed fruit e.g. stewed apple.
- No more than one portion per day e.g. one peeled apple/pear.

### **Vegetables**

- All vegetable should be well cooked. Choose only potatoes, and one portion of carrots, turnip, or parsnip at main meal (*1/4 of dinner plate*). Clear soups.

### **Cakes, biscuits, desserts & sweets**

- Plain sponge and custard, plain biscuits, e.g. Marie, Rich Tea, plain scones, plain ice-cream, sorbet.
- Plain or milk chocolate, boiled sweets, peppermints, toffee, fudge.

### **Miscellaneous**

- Marmalade/jam (*no rind or seeds*), honey, Bovril.

## FOODS TO AVOID

### **Breads and crackers**

- Wholemeal, granary, high fibre white, multi-grain breads.
- High fibre crisp breads, oatcakes.

### **Breakfast cereals**

- Wholegrain breakfast cereals, e.g. All bran, Weetabix, Branflakes, Porridge, Muesli.

### **Grains, pasta and pulses**

- Baked beans/lentils/peas, brown rice, wholemeal pasta.

### **Meat, fish and eggs**

- Meat or fish dishes containing pulses or vegetables. No minced meat.
- Egg dishes including vegetables e.g. Spanish omelette or quiche.

### **Dairy products**

- Yogurt with nuts, fruit pieces, seeds or muesli.
- Cheese with fruit e.g. cottage cheese with pineapple.

### **Fruit**

- Unpeeled fruit, berries, grapes, pineapple, oranges, citrus fruits, apple pips, prunes, kiwis, rhubarb. Dried fruit & nuts. Avoid cranberry juice.

### **Vegetables**

- Potato skin, wedges, salad vegetables e.g. lettuce, tomato cucumber.
- Green vegetables e.g. Brussels sprouts, broccoli, cabbage, peas, sweetcorn, beans, celery, onions, leeks, beetroot.

### **Cakes, biscuits, desserts & sweets**

- Fruit cake, fruit and wholemeal scones, pastry with fruit.
- Wholegrain biscuits e.g. digestive biscuits, biscuits containing dried fruit and nuts, ice-cream with nuts.
- Chocolate/toffee with fruit or nut pieces.

### **Miscellaneous**

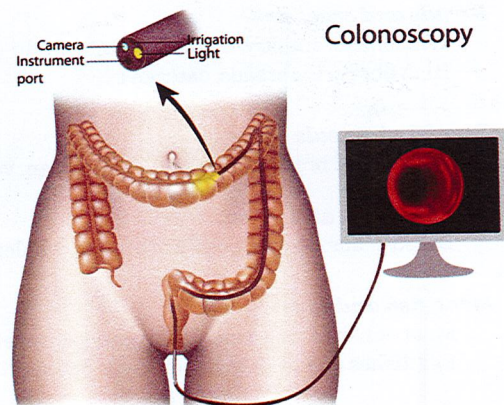
- Marmalade/jam with rind or seeds, nuts and nut spreads, desiccated coconut.
- RED coloured jelly.



## WHAT IS A COLONOSCOPY?

A colonoscopy is a test/ procedure to look at the lower part of the gut (large bowel). A flexible tube about the size of your index finger with a camera and light is inserted into the back passage (anus) and then into the large bowel (colon). This allows us to see if there are any problems such as inflammation or polyps (a polyp is a swelling on the lining of the bowel). A biopsy of the lining may be taken, most people find this painless.

Air is passed into the colon to give a clearer view of the lining. You may feel cramps or a windy feeling in your tummy. It is usual to have a sensation to pass wind or go the toilet this is due to the air used during procedure. You can pass air during and after the procedure.



## DO I NEED TO HAVE A COLONOSCOPY?

A doctor has recommended that a colonoscopy is the most suitable investigation for you to have based on your symptoms.

## WHAT ARE THE BENEFITS OF COLONOSCOPY?

- Best way to look at the lining of the large bowel (*colon*)
- May be able to take biopsy (*tiny sample of tissue*)
- May be able to remove polyps (*swelling on lining of bowel*)

## WILL I BE ASLEEP?

The procedure normally requires sedation. Sedation is given through a small needle (cannula) in the endoscopy procedure room. Sedation is a relaxing drug which is not a general anaesthetic. Some patients may not remember the procedure afterwards. The effect of the sedation will last for 24 hours and will require you to have somebody to collect you, drive you home afterwards and stay with you for 24 hours at home.

## WHY DO I NEED TO TAKE BOWEL PREPARATION?

It is very important to follow all the instructions correctly. The bowel must be fully empty for this test, so that we can clearly see the bowel lining. If you do not follow the instruction it may not be possible to perform or fully complete the test.

## HOW WILL I GET THE PRESCRIPTION?

- A prescription is included in this envelope if your G.P. has arranged your appointment or your appointment is a surveillance colonoscopy (for first colonoscopy date only).

or

- A prescription was given to you when you attended the Out Patient Department or Private Rooms.

Please arrange to buy bowel prescription from your Pharmacy.

## WHAT WILL I BRING WITH ME?

- No valuables including jewellery and money
- No make-up, fake tan, nail varnish, gel /shellac nails
- A list of all regular medication (*tablets*)
- Do not use denture fixing products on the day (*e.g. Dentifix*)
- A sample of urine.

## WHAT DO I DO IF I HAVE DIABETES?

If you normally take insulin or tablets for your diabetes please contact your G.P. or diabetic doctor or nurse before you commence the bowel preparation.

## WHAT WILL I DO IF I TAKE DIURETICS (WATER TABLETS)?

It is best to discuss this with your G.P. as your G.P. will decide if you should not take the tablet on the day of the procedure.

## WHAT ABOUT OTHER TABLETS?

If you normally take heart, blood pressure or sedation/epilepsy tablets you can take them on the day of your test with a small sip of water.



## ON THE DAY OF COLONOSCOPY:

### WHAT WILL I DO ON ARRIVAL TO THE HOSPITAL?

Please go to the admission office (near main reception) on the time of your appointment letter. The admission staff will then direct you to the ward.

### WHAT WILL HAPPEN ON THE WARD/ UNIT?

Please check in at the nurses' desk on ward/ unit. You will then be familiarised with the ward/ unit.

A nurse will then confirm that you have followed the instructions in this leaflet. Your medical history will be documented. Your pulse, temperature, blood pressure and weight will be recorded and a check list completed. You will be given an opportunity to ask any questions.

You will be asked to change into a gown. It is important to leave all valuables at home.

### WHAT ARE THE POTENTIAL RISKS OF THE PROCEDURE?

- Reaction to medication
- Discomfort during and after the procedure usually mild
- Inadequate or incomplete colonoscopy (*sometimes due to poor bowel preparation*)
- Bleeding, rare; can occur more frequently (1:40) when large polyps are removed
- Perforation, very rare approximate 1:1,500

### WILL A DOCTOR SEE ME BEFORE THE PROCEDURE?

A doctor will explain the procedure to you and answer any concerns and queries you may have. All queries and concerns you may have will be answered in a truthful/clear manner, in a language that you can understand. The doctor will sign the consent form with you and explain all complications.

A small needle (cannula) will be inserted into a vein in your arm.

## BEFORE YOU GO TO THE PROCEDURE ROOM?

A nurse from the endoscopy procedure room will complete their checklist (many of the questions will have been asked previously). You will again have an opportunity to ask any questions (*reference as per Safe Surgery Saves Lives*).

## PROCEDURE ROOM

### WHAT WILL HAPPEN WHEN I GET TO THE PROCEDURE ROOM?

- You will be asked to confirm your details and procedure (*colonoscopy*).
- A nurse will stay with you for the procedure.
- You will be attached to a monitor to record your oxygen levels, respiration, heart rate and blood pressure. This is to allow the nurses and doctors to monitor you while getting sedation and during the procedure
- You will be asked to lie on your left hand side on a trolley and bend your knees. If you are uncomfortable please tell the nurse.
- Staff members are aware of the importance of maintaining your dignity.
- In order to make the procedure easier you may be asked to change position (*for example roll onto your back*).
- The doctor will then give you the sedation through the cannula in your arm. This should make you feel relaxed and drowsy.
- Oxygen may be given via a tube at your nose (nasal prongs) or by an oxygen mask.

### CAN I TALK TO THE DOCTOR?

You will be encouraged to relax/sleep however you are free to speak to the nurses and doctors present at any time during the procedure.



## AFTER THE PROCEDURE

### WHAT WILL HAPPEN AFTER THE PROCEDURE?

After the procedure you will return to the ward on the trolley. You will be encouraged to sleep / rest for the 1st hour. The nurse will check your pulse, blood pressure and respiration rate. You need to pass any flatus (wind).

When you are fully awake (*after approximately 1 hour*) you will be given tea and toast (*light snack*). If you had no sedation you can eat and drink when you feel ready.

The doctor may speak with you after the procedure, and a follow up appointment may be organised.

A responsible adult must collect you and accompany you home and remain with you for 24 hours. Please be advised regarding:

- ▶ Not to drive
- ▶ Not to drink alcohol
- ▶ Not to operate machinery or electric (*kettle*) appliances
- ▶ Do not look after young children and babies

### WHAT SHOULD I EXPECT WHEN I GET HOME?

It may take 1 to 2 days for your bowel habit to return to normal after the procedure / bowel preparation.

If you have any of the following symptoms at home please contact the numbers (*hospital*) given to you on discharge:

- ▶ Chest or tummy pain (*that is more severe or difficult to the pain that you would "usually have"*).
- ▶ Breathing difficulties
- ▶ Fever
- ▶ Vomiting blood or black liquid
- ▶ Passing blood