

PATIENT INFORMATION

PLEASE  
BRING THIS  
BOOKLET WITH  
YOU ON THE  
DAY OF YOUR  
ADMISSION

# Full Colonoscopy



BLACKROCK  
HEALTH

---

**BLACKROCK CLINIC**

**Better Together**

## Consent

You are asked to read the information contained in this leaflet. Sign the attached consent form to show that you understand the examination and **bring it with you on the day of your examination**. The consultant performing the test will answer the questions you may have and you may change your mind at any time.

## What is a Colonoscopy?

A colonoscopy is a procedure that allows the Consultant to look at the lining of the large bowel (colon). It allows the Consultant to check the bowel for any abnormalities such as inflammation, polyps etc. A long flexible tube/scope (thinner than your finger) with a light and a camera inside is passed through the rectum into the bowel.

The procedure can take 30-40 minutes. A biopsy may be taken if indicated. This will cause you no pain. Removing polyps increases the risk of the procedure but reduces the risk of bowel cancer in the years ahead.

## RISKS

Complications of this procedure are rare however, include perforation (tear), haemorrhage (bleeding) or reactions to medications. These complications may require urgent medical treatment or even surgical intervention (operation) and can carry risk to life and health. It is important to remember that, although colonoscopy is the best test for detecting bowel polyps and cancer, no test is perfect and even with complete examination, serious disease can be missed in up to 5% of cases.

## Medications (tablets)

You may continue to take essential medication but if you are taking anticoagulants such as Warfarin, Plavix, Aspirin, Eliquis or Pradaxa you should receive/seek specific advice from the doctor when the test is being organised.

**Iron tablets should be stopped one week before examination.**

If you have any concerns about your diabetes you should contact the Unit for advice before you attend for your test. Please inform your doctor

## Preparation for the examination

- The scheduling of your appointment is an approximate estimate and unfortunately there can be unforeseen delays
- You will be given a laxative drink the day prior to your procedure and/or on the morning of the procedure
- Please take this drink in accordance with the dietary instructions provided
- Fast from food from lunchtime the day before the test
- Please continue to drink water up to 2 hours prior to admission
- If you have a referral letter from your doctor, present this to the secretary on arrival
- Bring details of private medical insurance
- Contact your insurance company prior to admission to confirm your level of cover
- Bring a list of current medication
- Do not bring jewellery or large sums of money
- If under 16 years you must be accompanied by your parent or guardian who is required to give written consent
- You will have sedation for this procedure so you must be accompanied home
- You will not be allowed to take a taxi home alone

## During the procedure

- A nurse will be with you at all times
- You will be asked to lie on your left side
- An intravenous injection (sedation and a pain relieving medication) is given into the vein to make you feel relaxed and sleepy but not unconscious. This is not a general anaesthetic.
- A monitor will be placed on your finger to assess heart rate and oxygen levels and your blood pressure will be measured every few minutes using a blood pressure cuff on your arm.
- The doctor passes the scope through your rectum and into your bowel
- Air will be passed into the bowel via the scope which can cause some cramping but this usually passes quickly
- When the procedure is finished the scope is removed

## 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 the appropriate supports.

## Following the Examination

- You will be observed in the day ward until the effects of the sedation have worn off. The cannula will be removed from your arm before you go home
- If you have not received sedation you may go home as soon as follow up instructions have been given and may resume all normal activities immediately
- 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

## DISCHARGE INFORMATION

You may experience minor discomfort such as cramps or bloating post procedure. These usually settle within 24 hours. Your nurse will advise you of further instructions or follow up pre discharge. Your doctor may prescribe pain killers following your procedure if required.

**IF YOU HAVE HAD SEDATION  
YOU MUST NOT DRINK ALCOHOL,  
DRIVE OR SIGN A LEGAL DOCUMENT  
UNTIL THE FOLLOWING DAY**

**YOU MUST BE  
ACCOMPANIED HOME**

## Important

**Seek medical attention immediately if:**

- **You begin to vomit, have black bowel motions or rectal bleeding**
- **You develop severe nausea, vomiting or abdominal pain**

## Endoscopy Unit Contact Details

If you require any other information or if for any reason you cannot attend the scheduled appointment please contact:

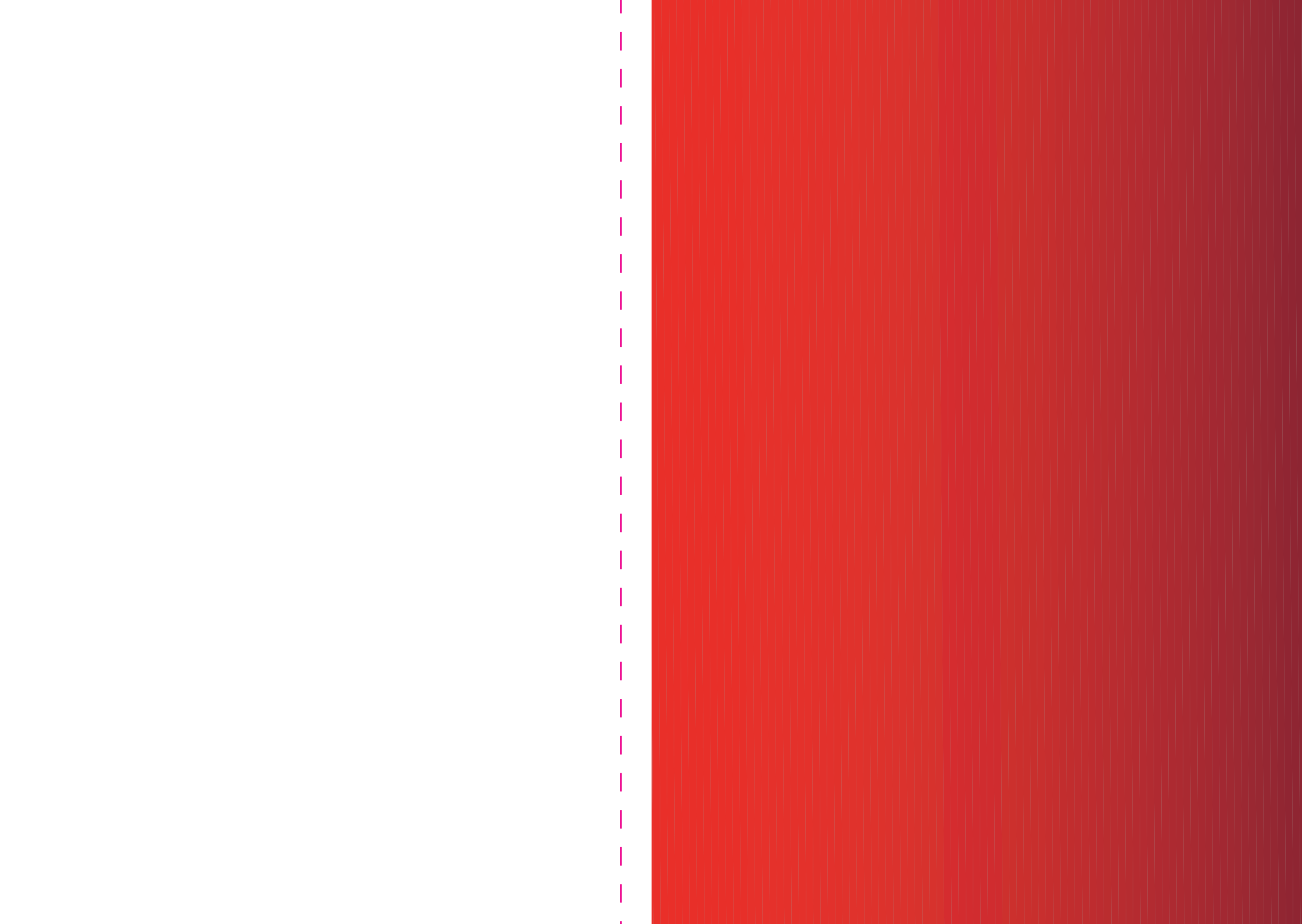
**(01) 206 4326 / 206 4327 Mon-Fri 07.00 – 20.00**

Outside these hours call the nurse in charge via the main reception on:

**(01) 283 2222**









BLACKROCK  
HEALTH

---

**BLACKROCK CLINIC**

Blackrock Clinic  
Rock Road, Blackrock,  
Co. Dublin A94 E4X7  
Tel : 01 283 2222

[www.blackrock-clinic.com](http://www.blackrock-clinic.com)

JUN2022 FP7085