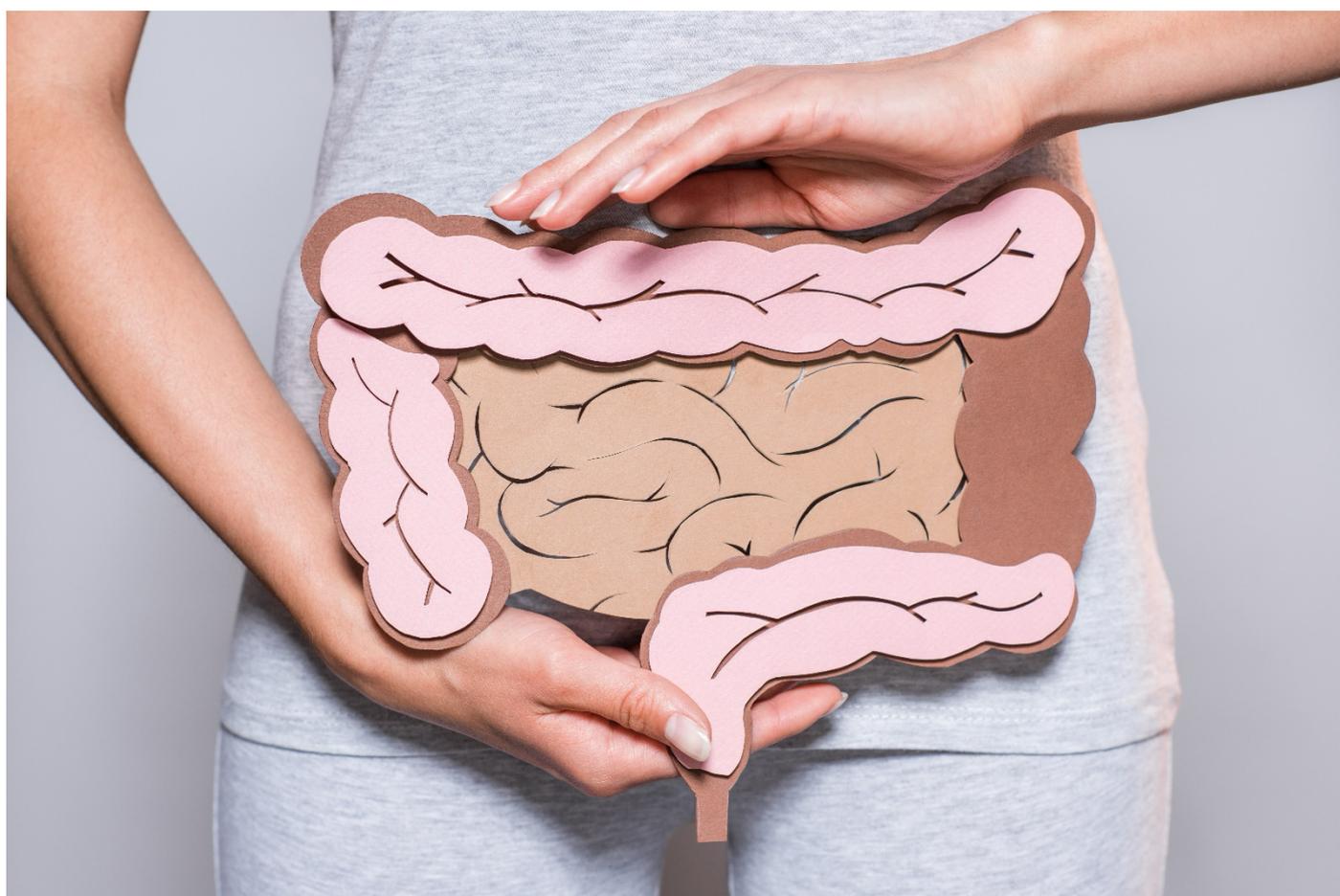


E03 Colonoscopy



Checking for problems in your bowel



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HEALTHCARE



Your bowel

There may be a problem in your **bowel**. Your bowel is in your tummy.



The doctor can check for problems using a special camera.



The camera goes up your bottom so the doctor can see inside your bowel.

This is called a **colonoscopy**.



This leaflet can help you decide if you want to have a **colonoscopy** or not.

You can change your mind at any time.



Before a colonoscopy

Before a colonoscopy you have to:

- Eat a special diet.
- Stop taking iron tablets if you normally take them.
- Take special medicine called **laxatives** the day before. **Laxatives** make you go to the toilet so your bowel is empty.
- If you have **diabetes** the doctor will give you special instructions about eating and drinking.
- Talk to your doctor about any medicine you take at least **a week** before your colonoscopy.





Having a colonoscopy

A colonoscopy takes about **30 to 45 minutes**.



First, the doctor may give you some medicine to help you relax.



They may give you the medicine by:

- An injection in your arm or hand.
- A face mask.



The doctor will ask you to lie on your side.



The doctor will put a small clip on your finger or toe to check your breathing.



Having a colonoscopy

If you need help breathing they will give you a face mask or a small tube under your nose.



The doctor will put a tiny camera in a tube up your bottom.



When the camera is inside your bowel the doctor will look for problems and take photos.



If the doctor finds a problem they will take a small bit so they can do tests.

This is called a **biopsy**.



Sometimes there is a small lump called a **polyp** that has grown in your bowel. That may be causing the problem.

Sometimes the doctor can take the **polyp** out as well.



Having a colonoscopy

If you want the doctor to stop the colonoscopy at any time then you can say.

They will stop as soon as it is safe.



After the colonoscopy

After the colonoscopy you can have a rest and a drink.



You should be able to go home straight away.

If you had medicine to help you relax you may have to rest in hospital for a few hours.



You may feel a bit bloated.



When you go home make sure there is someone with you.

If you were given medicine to help you relax someone should stay with you for at least **24 hours**.



At home

Keep a phone close by in case you need to call the hospital.



For the first **24 hours**:

- **Do not** do activities like cooking or driving.
- **Do not** drink alcohol.
- **Do not** sign legal papers.

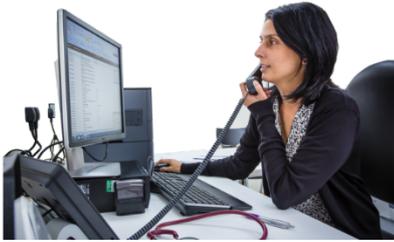


You should be able to go back to normal activities the next day.



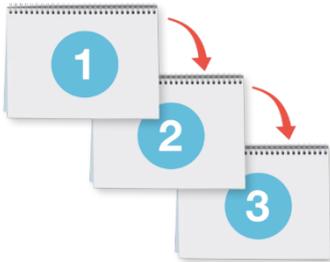
Call your doctor if you have any problems like:

- Pain in your tummy.
- Bleeding from your bottom.
- High temperature.



Getting your results

The doctor will let you know when they have the results.



This may take a few days.



They will talk to you about what you need to do next.



Making a decision

The doctor thinks a colonoscopy is the best way to find out what's wrong with your bowel.



A colonoscopy is safe for most people but there are some small **risks**. **Risks** are problems that could happen.

Your doctor can tell you more about the risks.



If you say **NO** to a colonoscopy

There may be other tests you can have like a scan.



But the doctor may not be able to find the problem with a scan.



You may still need a colonoscopy after.



More information

This leaflet only covers the main points.



If you have any questions speak to your doctor or call