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# **COLONOSCOPY**

## **Easy Read**

### **Information**

#### **Leaflet for**

# **Patients and Carers**

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**Your Doctor has recommended that you come to hospital for a procedure to have a look into your bottom and around your bowel (Colon)**

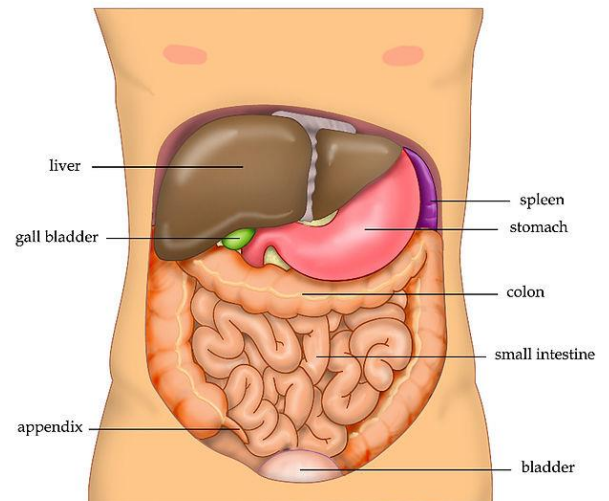
**This is called a Colonoscopy.**

**You will be given a bowel cleansing medicine to drink before the test this drink will make you go to the toilet lots of times to make sure they are empty**

**Make sure you drink plenty of water up to 2 hours before your appointment to keep your strength up.**

**Do not eat or drink before your procedure.**

**Written instructions will be provided with the bowel cleansing medication about how to take the medication and when to stop eating and drinking**



**Before the test a nurse will ask you some questions and take your blood pressure, heart rate, temperature and oxygen level**

**The test can be carried out with gas and air (Entonox) this will help relieve any discomfort you may feel or a conscious sedation (to make you drowsy and relaxed)**

**A nurse will put a tube in the back of your hand if you are going to have some sedation**

**A consent form should be signed before the test this allows you the opportunity to ask questions and the risks of the test will be explained. This may be signed by yourself or may require to be signed by someone on your behalf**

**You will be asked to change into a hospital gown before the test**

**You will then be taken into the endoscopy room and asked to lie down on a bed.**



The doctor or specially trained nurse will give you some medicine (sedation) into the tube in your hand. It will make you feel drowsy/relaxed. If you have chosen to have sedation



If you have chosen to have gas and air the nurse will show you how to use this.



Your blood pressure, temperature, heart rate and oxygen level will be taken throughout the test

If you are having sedation oxygen via a small tube in your nose will be given

You will lie on your left side with your knees bent up

You may also be asked to change position on the bed during the test as this may help the camera move through the bowel







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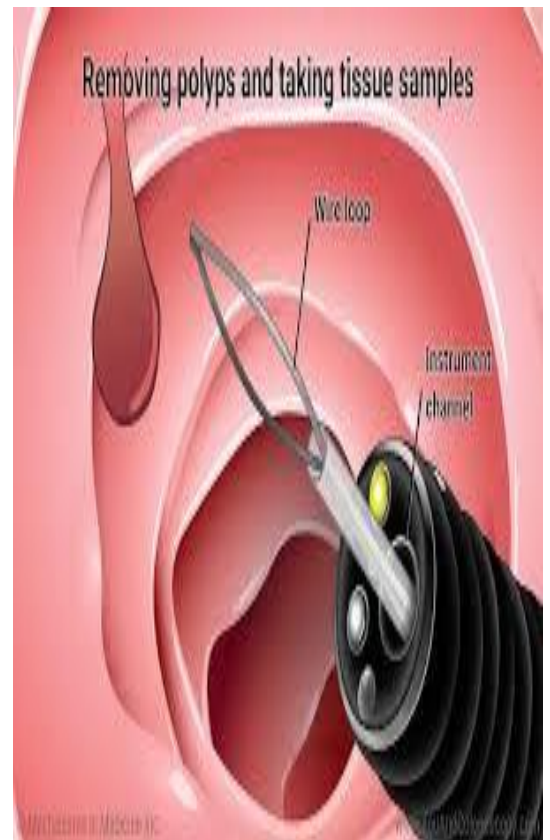
**The doctor or specially trained nurse will do a finger examination of your bottom before the start of the test**

**The doctor or specially trained nurse will put the endoscope into your bottom. This might make you feel like you need to poo. But that's ok; there is nothing in there to come out.**

**The endoscope looks all the way around your bowel, (Colon)**

**Small tissue samples (biopsies) of the lining of the bowel may be taken if needed to help find out what is wrong. Small growths called polyps may also be removed if found these are usually not harmful but will be sent off to be tested**

**You may feel some discomfort during the test this is due to the air being put into the bowel during the test; you may want to try to pass wind or be asked to pass wind to ease the discomfort**



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**When the test is finished you will go to the recovery area, the recovery nurse will take your blood pressure, temperature, heart rate and oxygen level a few times and look after you until you go home.**

**You will be able to have had a drink and something to eat, then you can go home**

**The doctor or a nurse will come and tell you what they have been able to see and provide a discharge letter**

**After the procedure, your tummy may feel bloated for a few hours. This usually goes after you pass wind.**

**If you have had sedation it is advisable not to drive, drink alcohol, sign any legal documents or go to work for 24 hours**

**It is normal to see a little bit of blood after the test, if you are worried you can call the nurses on the unit or your GP**

**The next day you should feel OK.**

**If you still have tummy ache or feel unwell you can call your GP or 111 for advice**



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## **Making Choices**

It is important you know and understand the risks of the Colonoscopy test.

Your Doctor and Nurses make sure everything is as safe as possible for you but sometimes things don't go to plan.

Some of the things that could happen are:

- Problems with your heart or breathing caused by the sedation. Your Doctor and Nurse will monitor you closely.
- A small hole or tear could be made in your bowel. If the doctor or specialist Nurse cannot fix this on the endoscopy unit, you may need surgery to fix this.
- Bleeding



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#### Polish

W celu otrzymania tego dokumentu w innym formacie lub języku, prosimy o kontakt z

#### Punjabi

ਜੇ ਤੁਸੀਂ ਇਸ ਦਸਤਾਵੇਜ਼ ਨੂੰ ਕਿਸੇ ਵਿਕਲਪਿਕ ਫਾਰਮੈਟ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣੀ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸੰਪਰਕ ਕਰੋ

#### Urdu

اگر آپ کو اس دستاویز کی ایک متبادل شکل (فارمیٹ) یا زبان میں ضرورت ہے تو براہ مہربانی رابطہ کریں

#### Bengali

আপনি যদি এই প্রচারপত্রটি অন্য কোন আকারে বা অন্য ভাষায় চান, তাহলে যোগাযোগ করবেন

#### Romanian

Dacă aveți nevoie de acest document într-un format sau limbă alternativă, vă rugăm să contactați

#### Lithuanian

Norint gauti šį dokumentą kitu formatu ar kita kalba, prašome susisiekti su mumis

Information taken from ELHT leaflet E11 Upper CG Endoscopy and colonoscopy

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