

## Patient Advice and Liaison Service (PALS)

Please contact us if you need general information or advice about Trust services: [www.bartshealth.nhs.uk/pals](http://www.bartshealth.nhs.uk/pals)

## Large print and other languages

This information can be made available in alternative formats, such as easy read or large print, and may be available in alternative languages, upon request. For more information, speak to your clinical team.

এই তথ্যগুলো সহজে পড়া যায় অথবা বৃহৎ প্রিন্টের মত বিকল্প ফরম্যাটে পাওয়া যাবে, এবং অনুরোধে অন্য ভাষায়ও পাওয়া যেতে পারে। আরো তথ্যের জন্য আপনার ক্লিনিক্যাল টিমের সাথে কথা বলুন।

Na żądanie te informacje mogą zostać udostępnione w innych formatach, takich jak zapis większą czcionką lub łatwą do czytania, a także w innych językach. Aby uzyskać więcej informacji, porozmawiaj ze swoim zespołem specjalistów.

Macluumaadkaan waxaa loo heli karaa qaab kale, sida ugu akhrinta ugu fudud, ama far waa weyn, waxana laga yabaa in lagu heli luuqaado Kale, haddii la codsado. Waxii macluumaad dheeraad ah, kala hadal kooxda xarunta caafimaadka.

Bu bilgi, kolay okunurluk veya büyük baskılar gibi alternatif biçimlerde sunulabilir, ve talep üzerine Alternatif Dillerde sunulabilir. Daha fazla bilgi için klinik ekibinizle irtibata geçin.

یہ معلومات کے لیے، اپنی کلینیکل ٹیم سے بات کریں!۔  
ٹرنپ اڈب ای ناس آ اور درخواست پر متبادل زبانوں میں بھی دستیاب ہو سکتی ہیں۔ مزید

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All our patient information leaflets are reviewed every three years.

Patient information

## Preparing for your colonoscopy

### Important information about preparing for your test.

You should receive some medication to go with this leaflet.

If you do not, please call us as soon as possible on:

0203 594 3600

Contents are:

2 Sachets of Picolax

2 Bisacodyl tablets



**Please read this leaflet carefully, you will have to follow this information to prepare properly.**

**7 DAYS** before the procedure date **STOP** taking **IRON** tablets.

**4 DAYS** before the procedure **STOP** taking **fibre supplements** prescribed by your doctor.

If you are unsure, ask your pharmacist.

**4 DAYS** before **STOP** taking medicines that **stop diarrhoea**.

If you are unsure, ask your pharmacist

**2 DAYS** before your procedure you need to eat foods from the **allowed** foods list only on the next page.

**1 DAY** before the procedure **(the day before)**.

Ear breakfast only from the allowed list on page 3.

You will then have no more solid food until the test is complete. You will be taking laxative medication later this day.

You must follow the instructions **exactly**, if you do not, we will not be able to see the bowel properly and the test will need to be rebooked, this delays the test results getting back to your doctor and means you may have to prepare twice and will delay your results.

If the Endoscopist thinks an area needs further investigation, s/he might pass an instrument through the endoscope to obtain a biopsy or remove a polyp for testing in the laboratory. These tests are used to diagnose many conditions and are routine.

Some patients consider the test to be uncomfortable. You may experience a feeling of pressure, bloating or cramping during the procedure but this will disappear quickly. The pain killing injection will help with this.

The procedure takes approximately 20-30 minutes to complete, but you should expect to be in the department for 2 – 3 hours to allow time for medical history to be taken, preparation and recovery.

**Tips to help you prepare for your colonoscopy.**

If you are currently employed, it may be advisable to have the day off before the procedure to prepare in a safe and comfortable environment at home.

If you are diabetic we will try to offer you a morning appointment and advise about your diabetic medication.

If you take blood thinning/anti platelet medication we will advise you about this before the procedure. **Do not stop unless advised to do so.**

Stay near a toilet that you can access easily, you will have frequent bowel movements.

Use some petroleum jelly or zinc and castor cream to prevent your bottom from getting sore from the frequent bowel movements.

**You must have an escort** to collect you after the procedure if you choose to have sedation. So plan ahead. They must be over 16yrs of age.

Contact us on 020 359 43600 if you have any questions.

## What happens on the day of the procedure?

No solid food can be eaten but drink plenty of clear fluids until you arrive at the Endoscopy Unit.

**Unless you have been advised not to take it**, take any regular medication in the morning.

- All heart and blood pressure medication should be taken as normal.
- Please see separate leaflet about your diabetes medication.
- **Please follow any advice you have been given about blood thinning/antiplatelet medication (anticoagulants).**


We recommend that loose fitting clothes are worn; we use air in the bowel to obtain clearer views. This can lead to bloating and it is best to avoid tight fitting clothes in this instance.

You may also want to bring a sandwich or light snack with you for afterwards, please do not bring hot food, or anything that requires heating.

Please note that patients are seen in order of appointment time and not on a first come first served basis. Although we do try to keep waiting time to a minimum, emergency patients must be given priority and your test may therefore be unavoidably delayed.

Most patients require conscious sedation and a pain killing injection for this test, this will be given through an intravenous cannula in your hand or arm. You may be asked to change your position during the test and a nurse will support you to do this.

You will be connected to a monitor, which will record your blood pressure and pulse throughout. Oxygen will be given to you through your nose and a small probe is placed on your finger to monitor this. During the procedure you will be asked to lie on your side and made comfortable in that position. Once the sedation has been given and taken effect the Endoscopist will start the procedure. Air will be introduced into the bowel to allow the Endoscopist to see more clearly and a nurse will sit with you during the procedure to assess your comfort levels.

FOOD ALLOWED
 LOW RESIDUE DIET
Eggs, Scrambled, Poached, Boiled And Fried
Cheese, All Types, Except Ones That Contain Fruit.
Fish (All Types), In Batter, Grilled, Poached And In Breadcrumbs.
Chicken, All Types, Including In Breadcrumbs.
Potatoes, Mashed, Boiled And Chips
White Bread, Any Kind
Butter
Rich Tea Biscuits
White Rice
Plain Pasta
Yoghurt, Plain Only
Crème Fraiche And Other Soft Cheeses
Miso Soups
Noodles In Soup

## FOOD NOT ALLOWED



### HIGH FIBRE FOODS

**No** Red Meat

**No** Lentils And Other Pulses

**No** Vegetables, Fresh, Tinned And Frozen. Including Onions.

**No** Fruit, Fresh, Tinned And Frozen

**No** Jacket Potatoes With Skins, No Wedges.

**No** Brown, Rye, Seeded And Wholemeal Bread.

**No** Red Jelly

**No** Fruit Juice

**No** Smoothies Of Any Kind

**No** Salads

**No** Brown Rice

**No** Rice Substitutes, i.e. Cauliflower Rice.

**No** Nuts And Seeds

## DRINK ONLY CLEAR FLUIDS FROM THE LIST BELOW AFTER BREAKFAST ON THE DAY BEFORE

**Drink plenty to keep well hydrated and to help cleanse the bowel.**

- Water- all types
- Squash, avoid red drinks.
- Carbonated drinks, lemonade, and lucozade.
- Miso soup.
- Consommé soups.
- Strained chicken noodle soup (bits removed).
- Tea and coffee with small amounts of milk.

### How to take the laxatives on the day before your procedure.

- **12.00 (midday)** take the Bisacodyl tablets with a glass of water.
- **Stay close to a toilet from now onwards.**
- **14.00 (2.00 pm)** dissolve the first sachet of PicoLax in 150ml of cold water, stir for 3-5 minutes and drink. The solution may become hot as it dissolves, if this does happen wait for the mixture to cool before drinking. Some stomach discomfort is normal at this time and you may wish to use some pain relieving medication if you are uncomfortable.
- **18.00 (6.00pm)** take the second sachet as above.

**You will experience very loose bowel movements which may be unpredictable, stay close to a toilet you can access once you have started taking the medication.**