

COLONOSCOPY INFORMATION FOR PATIENTS & CARERS

Please ask your Specialist if you have any questions. If you are unsure about the instructions, please ring & speak to the Nursing Staff on Tel: (02) 9369 3666.

A colonoscopy involves direct visualisation of the large bowel (colon) with an endoscope. It is used to help diagnose the cause of many gastrointestinal symptoms such as diarrhoea, constipation, abdominal pain, blood in the stool, rectal bleeding, anaemia, and others. Another important reason for colonoscopy is surveillance and removal of polyps for the prevention of colon cancer.

CONSENT FORM

You will need to sign a consent form for the procedure, please read it very carefully.

MEDICAL HISTORY

It is important that you fully complete all sections of the medical history form prior to admission.

MEDICATION

Document on the Medical History Form **ALL** medication you are taking, or have recently taken, including medicines & herbal medicines bought "over the counter" without prescription.

- Stop Fish Oil / Krill tablets and iron tablets 1 week prior to your procedure.
- Asthma inhalers must be brought with you on the day.
- If you take blood thinners / anti coagulants / aspirin, please ask the doctor who prescribed the medication for pre-procedure instructions & tell our clinical staff on admission.
- If you are taking a combined blood pressure and diuretic tablet, stop for 1 day prior to your colonoscopy. Examples of combined medications are Natrilix, Karvezide, Co Diovan, HCT Winthorp, HCT Avapro, HCT Sandoz, Atacand Plus, Micardis Plus, Renitiec Plus & Monoplus.
- Take your regular morning medication on the day of your procedure with a sip of water (unless told otherwise by your doctor).
- If you take **injectable medication for diabetes or weight loss**, (Ozempic, Wegovy, Mounjaro, Saxenda) please see section below re. **injectable GLP-1 receptor agonists**. ***

INSTRUCTIONS FOR PATIENTS WITH DIABETES OR USING INJECTABLE WEIGHT LOSS MEDICATION:

If you are Diabetic **ensure you have an early morning appointment and bring your medication (tablets / insulin) with you.**

- **Diet alone, without medication** - there are no special instructions.
- **Oral medication** - stop all diabetic tablets for three days before, and the morning of your admission. Monitor your blood sugar level regularly during your bowel preparation. Bring medication with you so it can be taken after the procedure with food.
- **Insulin** - consult your attending physician so your insulin dose can be tailored to the changed routine during bowel preparation and the day of your procedure. Monitor your blood sugar level regularly during your bowel preparation. Bring your insulin with you so it can be administered after the procedure.
- **Injectable GLP-1 receptor agonists** ***Appointments should be scheduled **one week after last injection. Clear fluids** required for **24 hours** prior to procedure in addition to routine fasting. **6 hours** before your admission time **you may drink WATER ONLY** to a maximum of 125mls per hour until **2 hours** before your admission time, then **nil by mouth**.
No need to cease or miss medication dose, unless instructed by your specialist.

PREPARATION / FASTING FOR ALL OTHER PATIENTS

24 hours before your procedure you will be on a **CLEAR FLUID DIET**, continue drinking a variety of clear fluids up to 6 hours prior to your admission time.

6 hours before your admission time **you may drink WATER ONLY** to a maximum of 200mls per hour until you arrive at the day surgery.

NB: Adjust fasting time if your admission time is changed. NB morning and afternoon procedures have different instructions.

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COLONOSCOPY

Examination of the colon requires preparation with **diet and a colonic laxative preparation**. You will need to follow the preparation instructions from your Specialist in the days before your procedure.

Ensure you buy the correct bowel preparation, as per your doctor's instructions. Instructions for several different preparations are available on the website if you have not already received them. **If you are also having a gastroscopy (endoscopy), please note there are no additional instructions.**

SEDATION

You will be given a short acting anaesthetic / sedative into a vein to help relieve any discomfort during the procedure. Usually the colonoscopy is well tolerated, and pain is uncommon. **You must have someone to accompany you home or your procedure may be cancelled.** Remember to bring the contact telephone number of your escort so they can be contacted when you are ready to go home.

AFTER THE PROCEDURE / RECOVERY

Following the procedure, you will remain in the recovery room for one to two hours until the effect of the sedation wears off. You will be given a drink and sandwiches when awake & alert. The Specialist will see you before you leave, and you will be given a verbal & written report and discharge instructions. In addition, a report will be sent to your referring doctor.

DISCHARGE

Remember to bring the contact telephone number of your escort. It is very important that you **do not drive a car, travel on public transport alone, operate machinery, sign legal documents, or drink alcohol on the day of your procedure and you should not return to work until the next day.**

Please return home, rest quietly, and resume a normal diet with lots of water and other fluids. You will be given "Discharge Instructions" for you & your carer with details of follow up & possible side effects.

POSSIBLE COMPLICATIONS

Colonoscopies are generally very safe procedures but do have some risks. Despite the highest standards of endoscopic practice, complications can occur. Complications are more likely if a therapeutic procedure (removing a colonic polyp) is performed. The following complications are possible but extremely rare: perforation / tear, excessive bleeding, damage to the spleen, aspiration pneumonia and damage to teeth.

AFTER DISCHARGE

If you have any of the following symptoms after you are discharged, you should **immediately** contact your Specialist or the Clinic, or attend your local Accident and Emergency Hospital:

- severe chest or abdominal pain, breathing difficulties, spitting up blood, black tarry bowel motions, persistent or increased bleeding, weakness or dizziness, fever over 38°C or shivers and chills or any other symptoms that cause you concern.

COMPLAINTS / SUGGESTIONS / COMMENDATIONS

Please contact the Quality Manager, Director of Nursing or Practice Manager if you have any concerns, problems, suggestions, or complaints during your stay.

Feedback can also be left via our website www.nssc.com.au or via the Doctify QR code below.

