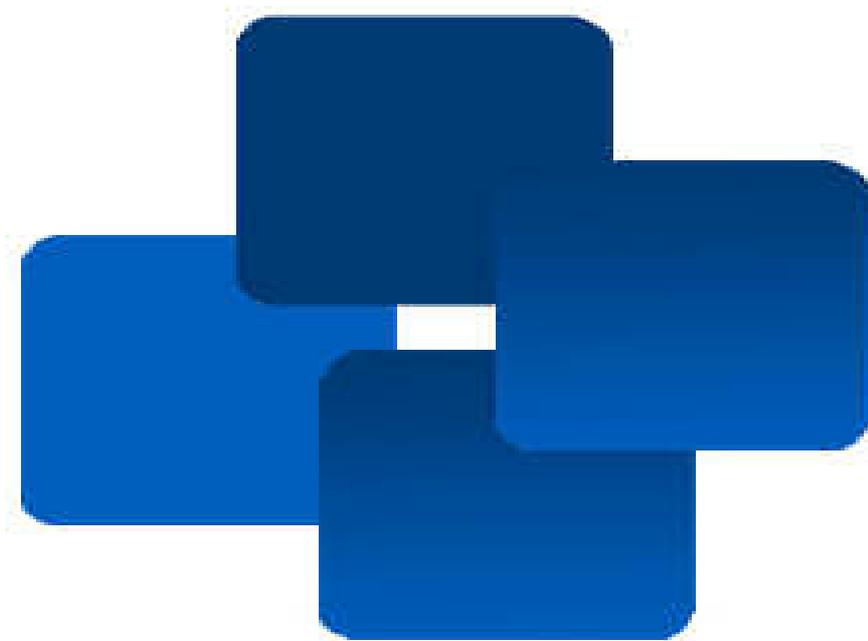


## The Endoscopy Centre

### COLONOSCOPY

An examination of the large intestine (bowel)  
Citramag and Senna prep AM appointment



**Lister Hospital**  
Coreys Mill Lane,  
Stevenage,  
Hertfordshire,  
SG1 4AB  
**01438 284062**

**QEII Hospital**  
Queens Wing  
Howlands  
Welwyn Garden City  
Hertfordshire  
AL7 4HQ  
**01707 224779**

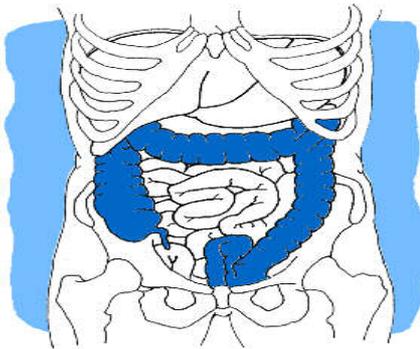
**Please call the above numbers for booking, cancelling or rearranging**

## COLONOSCOPY

This leaflet has been prepared for your information on your forthcoming procedure. You have been advised to have a lower gastrointestinal endoscopy to help find the cause of your symptoms. The procedure is called a colonoscopy. This leaflet covers frequently asked questions.

### What is a colonoscopy?

A colonoscopy is a procedure which allows the endoscopist to look directly at the large bowel (the colon) with a flexible video endoscope. The colonoscopy is passed through the anus into the large bowel. The colonoscopy gives a clear view of the lining of the large bowel allowing the endoscopist to make a diagnosis. The endoscopist can perform biopsies (a sample of tissue using forceps taken painlessly). It is also possible to remove polyps during the colonoscopy. Polyps are abnormal growths of tissue rather like warts. Some types of polyps can become cancerous if left and are best removed.



## **What should you expect?**

### **The preparation**

To allow a clear view, the colon must be completely empty of faeces. You will need to take oral bowel preparation that you collect from the pharmacy.

### **Please read and follow our instructions carefully**

On arrival to the department you will be asked to wait in the waiting area. If a relative has come with you they may go home and be contacted when you are ready for discharge, or may wait in the department. The time of your admission may not be the time you will have your procedure. Be prepared to stay for 2-3 hours.

You will be escorted to an admitting room where all relevant details will be recorded and the procedure explained. You will need to undress for this procedure and wear a hospital gown. You will be asked to sign the consent form if you have not already done so. This is to ensure that you understand the procedure and any possible complications.

**Please bring dressing gown , slippers and toiletries and wear loose fitting clothing.**

## **Risks**

All procedures of this nature carry a small risk of bleeding if a polyp has been removed or perforation to the mucosal lining.

You may react to the medication used so do not hesitate to ask any questions.

## **Benefits**

No exposure to radiation

Better Visualisation

An opportunity to take a biopsy or remove a polyp

## **Alternatives**

Barium Enema

- If there is a possibility of pregnancy please contact the Endoscopy Unit
- Please bring any inhalers or heart medication with you
- Please do not wear nail varnish or false nails on your fingers as it can interfere with our monitoring

## **During the examination**

In the examination room you will meet another nurse who will be assisting the endoscopist. You will lie on your left side with your knees slightly bent. A small needle, called a cannula) will be inserted into the back of your hand to administer medication, and oxygen will be given via prongs up your nose.

**You will have the option of medicine through your vein (a pain killer and a sedative) to make you relaxed or entonox which you control yourself by breathing it in. You are offered these because the procedure can be uncomfortable, causing cramp like abdominal pain.**

**[See accompanying explanation sheet on Entonox](#)**

**Your nurse will stay with you throughout your procedure. She will attach a probe on your finger to monitor your general condition. The endoscopist will examine your anus with a finger then the colonoscope is gently inserted through the anus and the bowel inflated with air or carbon dioxide. This may give you some discomfort. You may also get the sensation of wanting to go the toilet, but as the bowel is empty there is no danger of this happening. A suction channel in the instrument can remove any fluid left in the bowel so don't worry. You may pass some wind, and although this may be embarrassing the staff do understand it is the air the endoscopist is putting in . Once the procedure is finished you be taken to a recovery area where you will be offered something to eat and drink.**

## **ENTONOX (Known as Gas and Air)**

We would like to offer our patients the opportunity to use Entonox during their procedure due to the combined sedative and analgesic effect obtained. Entonox has been used in obstetrics since 1961 and then by the ambulance service since 1970 as an effective form of pain control.

**The benefits of Entonox are:**

- ◆ **Rapid onset of pain relief** - within one to two minutes
- ◆ **Minimal side effects** - no serious adverse effects being reported
- ◆ **Ease of administration**—you can self administer under our Supervision
- ◆ **Short duration** - effects disappear rapidly once Entonox is withdrawn

If at any time you want to stop using Entonox, it can be withdrawn, **but you must understand it is in your best interest that we continue with the procedure**, at that point sedation can be given if appropriate.

You can drive after Entonox as research has shown Entonox will have left your system within 30 mins. If you have any questions your primary Nurse will be happy to answer them for you.

If you would like to try Entonox the Nurse will explain how to use it.

**Please follow these instructions for your Co-  
lonoscopy:**

**Please attend the Endoscopy unit situated within the Endoscopy and Day Surgery Centre or within Queens Wing at the QEII.**

**Follow the map on the back of this booklet to the appropriate area.**

**Hand you letter to the reception desk, they will inform the nurses that you have arrived.**

**You will be shown to the waiting area where you will be asked to take a seat.**

**When you enter the reception area please look at the 'Welcome to Endoscopy' notice board for information regarding your Procedure Team.**

**Your named nurse will admit you and go through your paper work.**

**To ensure that your examination is a success, please follow all the instructions carefully. You can eat normally once your procedure is completed.**

**Please complete all paperwork and read the information leaflet.**

**If you are taking any Anti-Coagulation Therapy (Warfarin, Clopidogrel, or any other medicine to thin your blood) and have not been advised to stop contact the nurse's line**

**If you have a pacemaker, ring the nurses line. When you phone please have the details and serial number available of your pacemaker**

**If you have DIABETES you should have a morning appointment and should have been issued with Movi-prep, if you have not please contact the booking office. Follow bowel preparation instructions carefully.**

**Please leave your valuables at home, bring a small amount of money or an exemption certificate in case you are prescribed medication.**

**Bring a book/magazine to read as you may be in the unit for two to three hours. Please check with your nurse the time for your friend/relative to collect you.**

**The waiting areas in the Endoscopy and Day Surgery Centre and Queens Wing are mixed sex facilities. However where patients are undressed same sex facilities are provided by using screens and curtains to maintain your privacy and dignity.**

## ***Medical Questionnaire***

***The next section is for you to fill out prior to arriving at the Endoscopy centre.***

***It is important that you fill it in accurately so that the nursing staff can provide you with the best care possible.***

***If you have any concerns please call the nurses line on the list of contact numbers provided for you at the back of the booklet.***

<b>HEART</b>	YES	NO
Heart disease		
Valve surgery, angina, heart attack		
When did you last have chest pain _____		
High blood pressure		
Rheumatic Fever		
Stroke		
Circulation (e.g. thrombosis)		
Other		
Did any of above require anticoagulants?		
Nursing notes		
<b>LUNG</b>	YES	NO
Lung Condition (e.g. emphysema, asthma)		
Coughing up blood		
Other		
Nursing notes		
<b>LIVER/KIDNEY/URINARY TRACT</b>	YES	NO
Liver Condition (e.g. jaundice, cirrhosis):		
Kidney (e.g. kidney stones, infection)		
Urinary Tract (e.g. infection, blood in urine)		
Nursing notes		
<b>INFECTIOUS DISEASES</b>	YES	NO
TB		
Hepatitis (B or C)		
HIV/Aids		
MRSA / Other		
Have you ever been notified that you are at risk of CJD or vCJD		

<b>GASTROINTESTINAL TRACT</b>	YES	NO
Stomach (e.g. ulcers, hiatus hernia)		
Bowel (irritable bowel, polyps, cancer)		
Nursing notes		
<b>OTHER CONDITIONS</b>	YES	NO
Diabetes		
Epilepsy		
Anaemia		
Glaucoma		
Nursing notes		
<b>OTHER DETAILS</b>	YES	NO
Dentures		
Hearing Aid		
Glasses/contact lenses		
Body piercing		
Metal joints or any bones pinned		
Are you sensitive/allergic to anything? (E.g. antibiotics/ latex / foods / adhesive etc.)		
Nursing notes		
<b>LIFESTYLE</b>	YES	NO
Do you smoke		
Do you drink alcohol (If yes nbr units per week - 21 male 14 female)		
Do you take any illegal substances?		
Nursing notes		



**CITRAMAG AND SENOKOT**  
**INFORMATION LEAFLET - MORNING APPOINTMENT**  
Please follow THIS instruction leaflet very carefully. It has been designed specifically for the colonoscopy procedure and may differ from the manufacturer's instructions.

**What is your medicine used for?**

2 sachets of Citramag and 10 Senokot tablets have been prescribed to empty your bowel prior to colonoscopy, as it is a powerful laxative. It is advisable for you to use a barrier cream around your bottom (anus) e.g. Vaseline, white paraffin etc.

**Do not use Citramag / Senna if:**

You have severe kidney failure (are on dialysis)  
You are pregnant or breast feeding (Please contact the Endoscopy unit for advice)  
You have diabetes

**Side Effects**

Very soon after taking the preparation or within a few hours you will experience diarrhoea. You may initially get some stomach cramps, dizziness, nausea or vomiting. Do not go out and stay close by a toilet. These feelings should ease but may not completely go, continue to drink clear fluids.

**If you are frail or elderly it is advised you have someone with you once you start taking your bowel preparation.**

### **Other medication**

You are advised not to take your medicines one hour before or after taking your preparations as it may affect its absorption.

On the day you start to take the citramag sachets do not take your diuretics (water tablets) as you may become dehydrated

**On the day of your procedure do not take any medication.**

If you are taking an oral contraception pill you should take alternative precautions the week following the procedure.

### **Mixing instructions**

Pour 200mls/8floz of hot water into a large measuring jug ( not small as mixture will fizz and you could waste some) and empty in one sachet of citramag. Stir thoroughly and allow to cool. Drink all of the mixture.

### **PLEASE TAKE PLENTY OF CLEAR FLUIDS AS REQUIRED UNTIL YOUR PROCEDURE**

**Clear fluids:** are fruit juice/cordials( except red or purple coloured juices) black tea or coffee, clear soup ,Bovril, oxo and fizzy drinks (i.e. lemonade, cola) take no alcoholic drinks.

**We suggest you highlight or mark \* the day of your appointment and follow the relevant line across the page, reading from right to left**

Appointment Day (AM)	4 Days Before Appointment	3 Days Before Appointment	2 Days Before Appointment	Day Before Appointment	Procedure Day
Monday	Thursday	Friday	Saturday	Sunday	Monday
Tuesday	Friday	Saturday	Sunday	Monday	Tuesday
Wednesday	Saturday	Sunday	Monday	Tuesday	Wednesday
Thursday	Sunday	Monday	Tuesday	Wednesday	Thursday
Friday	Monday	Tuesday	Wednesday	Thursday	Friday
Saturday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday	Wednesday	Thursday	Friday	Saturday	Sunday
	Stop taking any iron tablets or vitamin tablets containing iron until after your procedure	Eat and drink normally today.  <b>Take 5 tablets of Senokot tablets with a glass of water, in the evening.</b>	Take a <b>low residue</b> diet today. See additional advice Sheets about low residue diet  <b>Take the 5 remaining Senokot tablets with water in the evening</b>	Light, <b>low residue</b> breakfast before 7.30 a.m. <b>No solid food after breakfast</b> <b>Clear fluids</b> may be taken freely. <b>No</b> alcoholic drinks <b>12 noon – Prepare Citramag, drink all of the solution 6 p. m. Prepare the second Citramag sachet and drink all of the solution</b>	<b>No Food</b> Continue to take <b>Clear fluids.</b>  <b>No</b> alcoholic drinks

# *For a low residue diet*

## **SOME SUGGESTIONS FOR LOW RESIDUE MEALS**

### **BREAKFAST**

Cornflakes, Rice krispies and milk

White bread, butter or low fat spread, jam without seeds and rindless marmalade

Boiled egg on white toast

### **LUNCH**

White bread Sandwich with low fat spread or butter with fillings of

Cheese, ham, Tuna, with seedless mustard

Clear soup with white bread

### **DINNER**

Plain pasta,

Chicken or any grilled meat, Quorn

White rice, poached fish

Egg and bacon Quiche

Mashed, boiled or roast potatoes

## **Do Not Eat**

**Wholemeal bread, cakes and biscuits**

**Wholemeal flour (in cooking)**

**Wholemeal pasta, high fibre white breads**

**High fibre cereal e.g. Wheatbran, Allbran**

**Wheat germ, muesli, oatmeal and weetabix  
Pulses,**

**Fruit eg. figs, prunes, dates, blackberries,  
grapes, pears and tomatoes**

**Vegetables e.g. broad beans, peas, butter beans, baked beans, Brussels, celery  
and skin of the potato**

**Dried fruit and nuts e.g. sesame seeds, almonds, hazelnuts, peanuts, sunflower**

**Please use this page to jot down any questions that you may have for the Nursing staff or Doctor.**

## **USEFUL NUMBERS**

### **Nurses Enquiry Line**

**Lister 01438 284273/ QEII 01707 224779**

### **Endoscopy Appointment Office**

**Lister 01438 284062/ QEII 01707 224779**

### **Diabetes Nurse**

**01438 284560**

### **Anticoagulation Clinic**

**01438 285335**

### **Help us to help you**

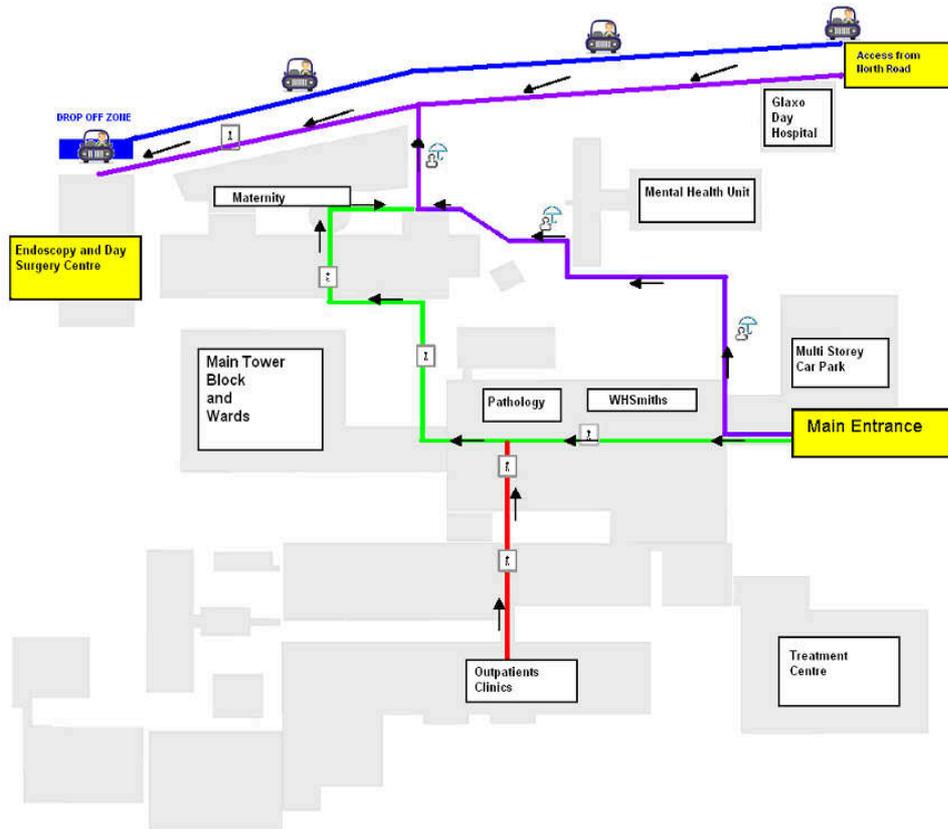
We would welcome any comments from you regarding your stay in our department, and on the Information leaflets. Please use the suggestion book or forms provided, and fill in a satisfaction survey if you have the time.

If you have any personal values and beliefs that relate to your care, please inform the named nurse on admission. Please contact the Endoscopy unit dealing with your procedure.

If no one is available to answer your call, please leave a message on the voice mail, and someone will return your call.

If you have any other questions, telephone the nurses enquiry line at the hospital you will be attending for your procedure.

## How to get to us



### **Lister Hospital parking arrangements for Day Surgery and Endoscopy Centre**

There is dedicated short term parking for patients and visitors to the Centre. There are two drop-off bays outside the entrance to the Centre. Parking is not allowed at any times as these bays are for drop-off only.

Opposite the Centre is a small pay and display car park. Parking charges are displayed at the entrance to the car park and by the pay and display machines. Parking for up to 15 minutes is free of charge. The maximum period allowed is two hours. Parking for longer periods is available in the multi-storey car park which can be accessed from Corey's Mill Lane.

