

## Colonoscopy Information:

Colonoscopy is an examination of the large intestine. This examination is often the best way to establish if there are any irregularities or diseases in the colon.

To perform this examination the doctor will be using an endoscope. An open channel in the endoscope makes it possible for instruments to be passed through in order for the doctor to inspect the colonic membrane and if necessary remove polyps or perform biopsies.

To ensure a successful colonoscopy, a number of preparations are required.

You will be asked to arrive at the hospital the evening prior to your colonoscopy. At the hospital you will be further informed of the colonoscopy preparations and procedures.

## Colonoscopy Preparations:

To gain the full benefits of the colonoscopy the colon must be clean and free of stool.

It is therefore important that you follow the procedures below.

- On the evening prior to your examination:  
On the evening prior to your examination you are required to have a light dinner and it is important that you fast from 9 pm until the end of the examination the following day. Please note that you are allowed to drink water, tea, and orange or apple juice.  
  
At 9 pm you are required to take the 6 Phenolphthalein tablets (0.6g) that will be given to you by the nurse, these pills will help clean your colon.
- The examination day:  
At 6 am you are required to drink the 100 ml 50% MgSo4 (Magnesium/sulfate) that will be given to you by the nurse. In the hour following the intake of the solution, it is important that you consume 2500ml of water.  
This will increase bowel activity and help clean the colon.  
  
If the colon is not completely empty, it will be necessary to give you an enema before the examination.

## The Procedure:

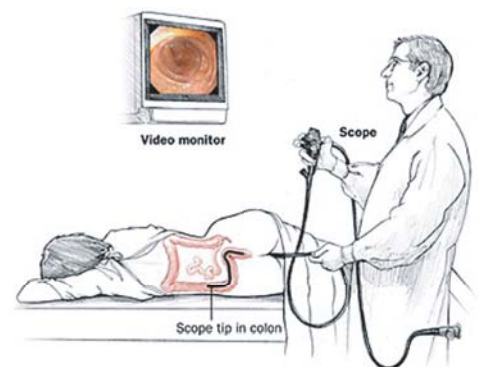
- You will be accompanied by one of the nurses to the pre-examination room at the East Hospital. The nurse will stay with you during the entire examination. She will keep you informed about the procedure and she will be able to answer your questions.
- During the colonoscopy you will be mildly sedated. In the pre-examination room the nurse will have you read and sign a 'Pre-Anesthetic Consent Form'. This consent form will inform you of possible anesthetic side effects. Please note that side effects rarely occur.
- The nurse in the examination room will put an intravenous catheter into your arm through which the anesthetic doctor will administer the anesthetic. Once the anesthetic takes effect, you will be taken to the examination room.
- The colonoscopy procedure will last 20 – 30 minutes.
- You will then return to the recovery room where you will stay until you are fully awake, at which point the nurse will accompany you back to your own room at the ward.

## Colonoscopy Side Effects:

- It can be expected that you will feel moderate discomfort during the preparation and after the procedure is completed.
- Please note that you should contact your doctor if you experience any of the following abdominal symptoms: black stool, blood in your stool, abdominal pain or bleeding.
- When leaving the hospital after the procedure, please arrange for a ride home, as the anesthetic can make you feel drowsy and it is therefore not safe for you to drive.

## Results:

- You will receive the result of the colonoscopy after you have returned to the ward. If the doctor, during the colonoscopy, removed polyps or performed a biopsy, you will receive the result seven days after the procedure has taken place. The hospital will contact you and provide you with the result.



**If you have any questions before, during or after the procedure, please do not hesitate to contact the medical staff.**