

PREPARATION FOR COLONOSCOPY IN ROOMS

Patient: _____

You have been booked on _____ at _____

On the morning of your colonoscopy have a light breakfast and take the 4 Dulcolax tablets with a cup of tea or coffee. Note that iron therapy this should be stopped 4 days before your colonoscopy, and do not take any aspirin or other anti-inflammatories for 48 hours before the procedure.

At the time indicated below drink the first set of Moviprep sachets A & B dissolved in 1.5 litre of water over 1.5 hours. Then start the second set of sachets A & B dissolved in another 1.5 litre of water over 1.5 hours. **Note that we use 1.5 litre of water and not the 1 litre indicated in the packaging. The slightly weaker brew tastes better!**

The diarrhoea usually starts when you start the second set of sachets and finishes 2 hours after completion. You may experience some distension and discomfort but this will resolve once the diarrhoea starts. You may feel nauseous but be patient. It is important that you drink the solution until you are passing clear, straw-coloured fluid. If your bowel is not adequately cleaned, the procedure may be impossible to perform so please drink more rather than less of the solution.

Please arrive at the Fairfield Suites at the appointment time. During the procedure, you will be given sedation so please arrange a lift home an hour after your appointment time. You may have cramps and wind for a few hours after the procedure.

The day's program:

A light breakfast before _____

Drink 2 sachets of Movicol with 4 Dulcolax tablets at _____

Start the 2 sets of Moviprep sachets in 1.5 litre water each at _____

The drinking should be finished by _____ --The faster the better

Please call your Medical Aid for authorization for procedures using these codes:

Doctor's practice no: 0117897

Colonoscopy procedure code: 1653

Gastroscopy procedure code: 1587

ICD10 code: K58.9 (For Colo)

ICD 10 code: K21.9 (For Gastro)

NB! You must state that procedure will be done in doctor's rooms

NB! All patients except for Discovery, Keycare and GEMS pay on day of service. Also note that if a biopsy is taken the pathologists will send you a separate account

A colonoscopy is an exam of the lower part of the gastrointestinal tract (the colon or large intestine (bowel)). It is a safe procedure that provides information other tests may not provide.

Colonoscopy is performed by inserting a device called a colonoscope into the anus and advancing through the entire colon. The procedure generally takes between 20 minutes and one hour.

The most common reasons for colonoscopy are:

- To screen for colon polyps (growths of tissue in the colon) or colon cancer
- Rectal bleeding
- A change in bowel habits, like persistent diarrhoea
- Iron deficiency anaemia (a decrease in blood count due to loss of iron)
- A family history of colon cancer
- A personal history of colon polyps or colon cancer
- Chronic, unexplained abdominal or rectal pain

Medicines

You can take most medicines right up to the day of the colonoscopy. You should tell the doctor if you are allergic to any medicines. Some medicines increase the risk of bleeding if you have a polyp removed during the colonoscopy. Ask your doctor how and when to stop Warfarin, Plavix, aspirin or any other blood thinning medicine.

The procedure

An IV line will be inserted in your hand or arm. Your blood pressure, heart rate, and breathing will be monitored during the test.

The colonoscope is a long black flexible tube, approximately the diameter of the index finger. The doctor will gently pump air through the scope into the colon to inflate it and allow the doctor to see the entire lining. You might feel bloating or gas cramps as the air opens the colon. Do not be embarrassed about passing this gas (it is just air). Let your doctor know if you are uncomfortable. You may feel like you have to go to the bathroom during the procedure, this is normal.

During the procedure, the doctor might take a biopsy (small pieces of tissue) or remove polyps. Polyps are growths of tissue that can range in size from the tip of a pen to several inches. Most polyps are benign (not cancerous). However, some polyps can become cancerous if allowed to grow for a long time. Having a polyp removed does not hurt.

Complications

Colonoscopy is a safe procedure, and complications are rare but can occur:

- Bleeding can occur from biopsies or the removal of polyps, but it is usually minimal and can be controlled.
- The colonoscope can cause a tear or hole in the colon. This is a serious problem, but it does not happen commonly.
- It is possible to have side effects from the sedative medicines.
- Although colonoscopy is the best test to examine the colon, it is possible for even the most skilled doctors to miss or overlook an abnormal area in the colon.

After the procedure call your doctor immediately if you have:

- Severe abdominal pain (not just gas cramps)
- A firm, bloated abdomen
- Vomiting
- Fever
- Rectal bleeding (greater than a couple of tablespoons [30 mL])