



## Things to look out for afterwards

The following are not usual outcomes and should be reported. Excessive bleeding, significant abdominal pain, persistent vomiting, fever. If you are unable to reach the office, it is best to visit the nearest emergency room for a check-up.

## Biopsies

Sometimes a sample is taken from the bowel. This is called a biopsy. It is not something you will feel at all. Samples are sent to the pathologist to confirm a diagnosis but may be sent even when things appear normal. A biopsy check does not always mean that cancer is the concern as there are many reasons to do a biopsy. This may take up to 3 weeks to return. Please make sure your result is discussed with you or sent to your doctor for review as necessary.



**Have a wonderful day and a successful outcome.**

*Questions about your procedures can be addressed by email, WhatsApp, text message or phone-call.*



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# COLONOSCOPY

## Treatment for your health

Know all F&Q about Colonoscopy and treatment as soon as possible.



## About Colonoscopy

### What is a Colonoscopy?

A colonoscopy is a test that uses a fiberoptic camera to investigate your large intestine/colon.

### Why do I need one?

Colonoscopies are indicated to evaluate the large intestine usually for constipation, diarrhoea, blood in the stools, abdominal pain or any other reason determined by your doctor. Colonoscopy is also performed as part of your regular health checks i.e., screening. This is usually recommended after age 45 yrs in most individuals.

### Is a colonoscopy the only test available?

Other tests may give similar information such as a virtual colonoscopy, barium enema, stool check for hidden blood and other tests. Your doctor may have determined that a colonoscopy is the best test for you but feel free to discuss all options for full understanding

### How is a Colonoscopy done?

A colonoscopy is done by inserting a long thin camera through the rectum into the colon. Air is usually used to fill the colon during the test, so your endoscopist can see where they are going. You will be required to take a wash-out/laxatives as prescribed before the day of the procedure to help to empty the bowel completely. This step is very important as an incomplete emptying may result in cancellation and rebooking of your test or lead to an inaccurate diagnosis or complications. You will also be sedated for the procedure using intravenous sedation. The degree of sedation is something that will be discussed with you.

### How long does it last?

A colonoscopy itself may last about 20minutes but be prepared to arrive and leave around a 2-hour window to allow for registration through to recovery. These are only approximations however and can be shorter or longer.

### What about my medications?

Please reveal all medications you are taking beforehand so we can advise how they should be taken around the time of the test. Some, like blood thinners, will need to be stopped to lessen the chance of complications.



Colonoscopy

### What can I eat before?

Typically, you will need to stop eating 4 to 6 hrs before the start time of the procedure. Before that you should also try and avoid, vegetables with stems, red meat, corn, seeds, red peas, carrots, blue, red, green or purple drinks and alcohol. If you are uncertain, please contact us and ask. You are encouraged to drink plenty of water and other clear fluids up to 4 hours before the start time.

### Going home after the procedure

You MUST NOT drive for 8 to 10hrs after the procedure and should have someone check in with you at home if you live alone as you may feel sleepy later. It is not advisable to return to work on the same day or perform any manual tasks or sign any important documents. You may resume your normal activities by the following day but should not resume blood thinners or aspirin without a discussion with your endoscopist first.

### When will the results be ready?

Usually, you will discuss the results shortly after you recover from the test. It is important to have someone accompany you at this time as the effect of the sedation may make your memory unreliable. You will also get a written report at that time to take to your doctor.

### Are there any complications?

You will be required to sign a consent form before the procedure. Please do not sign unless you are sure everything about the procedure is clear to you. Questions can be asked at any time. Complications are very infrequent but can occur. These include bleeding, making a hole in the bowel, low blood pressure, allergic reactions, and infections. Death from colonoscopy is extremely rare but is not impossible. Bloating or gassiness afterwards is not uncommon as you will be filled with air as a normal part of the test. This usually resolves after a couple hours without any intervention. Sometimes having a light meal afterwards can help