

Before Your Colonoscopy

All patients who have sedation for their colonoscopy must have a responsible adult come to the endoscopy unit to take them home. Patient pick-up time is approximate; please do not park in the 10 minute free parking zone.

What is a Colonoscopy?

This test is a way of looking at your large bowel (colon), to see if there are any abnormalities present.

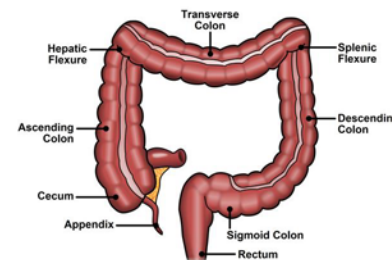
A colonoscope is used to look in the colon. This procedure also allows us to take biopsies (a little piece of tissue) with a forcep if necessary.



What is a Colonoscope?

- Instrument used to look inside the colon
- Long, thin flexible tube - camera, light
- Picture shown on TV monitor
- Clear, detailed view of colon

The colon, or large intestine, is the last portion of your digestive or gastrointestinal (GI) tract. It starts at the cecum, which attaches to the end of the small intestine.

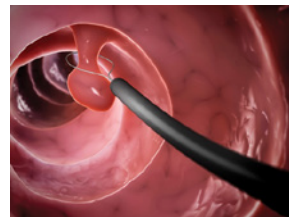
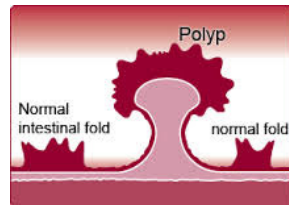


The colon consists of a hollow tube about five feet long that absorbs water and minerals from digested food. The rectum is the last part of the colon.



Why do I need a Colonoscopy?

1. **Rectal bleeding**
2. **An abnormal FIT result** (Fecal Immunochemical Test)
 - An abnormal result does not mean you have colon cancer
 - Many other reasons for blood in your stool: hemorrhoids, anal fissures, diverticular disease, inflammation.
3. **Family history of colon cancer**
 - One first degree relative (a parent, full sibling or child) with colon cancer diagnosed before age 60
 - Two or more first degree relatives with colon cancer diagnosed at any age
4. **Change in bowel habit**
5. **Anemia**
6. **Personal history of polyps**
 - Have had prior polyps which could turn into cancer

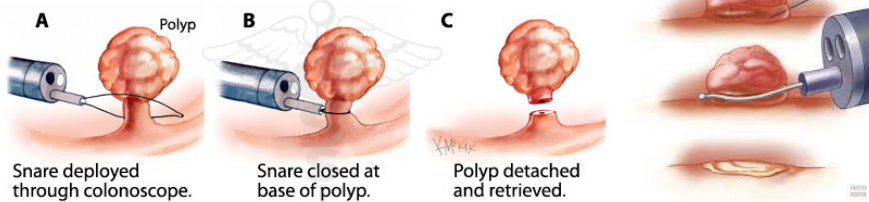


What is a polyp?

- A polyp is a protrusion from the lining of the bowel that looks like a mushroom
- Vary in size and shape
- Most polyps are not cancer, but some can become cancerous

How is a polyp removed?

- Your doctor will remove polyps if seen by doing a polypectomy (see picture below)
- Polyps will be sent to the lab for testing



The base of the polyp is cauterized with the snare to prevent bleeding.

What are the risks from having a Colonoscopy?

Less than 0.5% people will have a serious complication:

- Bleeding from the colon (depends upon the type of lesion removed)
- Perforation of the colon (hole in the colon) 1:1000
- Reaction to Bowel Preparation
- Reaction to medication used
- Heart or lung problems
- Risk of missing a lesion is less than 4-8%
- Risk of dying from a colonoscopy is less than 1/14000

If a complication occurs treatment may be required, including:

- Antibiotics
- Blood Transfusion
- Hospitalization
- Repeat Colonoscopy
- Surgery

What happens during the Colonoscopy?

- Your doctor inserts the colonoscope into the rectum and advances it along the colon. Air and water are introduced to help advance the scope by expanding the colon – this also allows for better viewing. You may feel some cramping or fullness generally there is some discomfort or pain during colonoscopy. The nurse and doctor will do all they can to make sure you are comfortable throughout the procedure and you will be closely monitored.
- The procedure usually lasts between 20–40 minutes.

Will I have sedation?

It is possible to have a colonoscopy without sedation. Please talk to your doctor or nurse about this.

- A nurse will start an intravenous (IV), take your blood pressure, and ask you some questions
- You will be brought into colonoscopy suite and positioned comfortably on a stretcher
- IV is for sedatives and pain medication; you will be relaxed and drowsy for the procedure
- You will be monitored closely throughout the procedure

What are the risks of sedation?

Sedation can occasionally cause problems with breathing, heart rate and blood pressure. If any of these problems do occur, they are normally short lived and easily managed by the endoscopy unit staff.

How do I prepare for a Colonoscopy?

Examples of Bowel Preparation pictures below.



- Success of procedure depends on how clean your colon is
- Different types of preparations are available; your doctor using your medical history will choose which one is right for you
- Please drink as much clear fluids as possible during your bowel preparation.

Important notes on preparing for your Colonoscopy

- Colonoscopy is a two day commitment
- Purchase bowel prep one week before
- Arrange for someone to drive you home after your procedure
- Five days before your colonoscopy, avoid seeds, nuts, corn, whole grain bread and granola
- Stop any iron-containing supplements 7 days before your colonoscopy
- Make sure your doctor knows if you are prone to constipation

Clear Fluid Diet

- Clear juices (no pulp): white grape juice, apple juice, white cranberry juice
- Gatorade, Vitamin water
- Popsicles, jello
- Clear broth, consommé
- Ginger ale, sprite, 7-Up
- Tea and coffee but NO milk/creamers
- Avoid purple and red food coloring



What happens on the day of the colonoscopy?

- Leave valuables at home (large amounts of cash, laptops)
- Your belongings are kept with you
- Don't wear scented products
- Remove jewelry before coming to hospital

Lions Gate Hospital:

- Arrive on time with BC Care Card, photo ID
- Hospital registration: please go to the main admitting area where you will be registered, a clerk will give you an ID bracelet and your chart
- You will be directed to the endoscopy unit, 2nd Floor
- Once you arrive on the unit you will be asked to fill out the patient health questionnaire (know how you are getting home – have phone numbers handy) once this is completed you will be taken to a stretcher to change into a hospital gown

Richmond Hospital:

- Arrive on time with your BC Care Card and photo ID
- Bring the completed patient health questionnaire given to you from the doctor's office
- Go to registration first (beside Starbucks in the main atrium)
- Take the registration form given to you to the endoscopy unit (Medical Clinics in the green zone) Leave the form in the tray at the desk and have a seat in the waiting room
- A nurse will interview you before your procedure and you will change into a hospital gown
- When you are changed you will move to a stretcher for the procedure
- Your doctor will come to see you prior to the procedure.

Vancouver General Hospital:

- On procedure day: Leave valuables at home (large amounts of cash, laptops), Don't wear scented products, Remove jewelry before coming to hospital
- Bring your Care card and photo ID to the Admitting on the first floor of the Jim Pattison Pavilion (to the right of the Information Desk)
- Take the registration form given to you to the endoscopy unit (Ground floor, Station 6 -Daybed). Leave the forms in the tray at the desk and have a seat in the waiting room. When you are called the clerk will confirm your demographics and ask you to complete a health questionnaire. Please return the questionnaire to the front desk when completed and again take a seat in the hallway waiting room
- A nurse will interview you before your procedure and you will change into a hospital gown. You will be walked over to the Endoscopy waiting area and asked to sit and wait prior to your procedure. Your belongings are kept with you
- A nurse will call your name and you will walk with the nurse into the procedure room where you will be asked to lie on a stretcher
- You will meet your doctor in the procedure room and prior to the procedure the doctor will educate you about the potential risks of the procedure and ask you to sign a consent form

Squamish Hospital/Sechelt Hospital

- Arrive on time with BC Care Card, photo ID
- Hospital registration: Please go to the main admitting area where you will be registered.
- The nurse will escort you from the waiting room into the Pre-op admit room.
- Here you will go through the admission procedure and change into your hospital gown.
- The anaesthetist and Endoscopist will see you here or in the procedure room.

What happens after the Colonoscopy?

- Before you leave the hospital, the nurse or colonoscopist will tell you what they saw and did
- Any biopsies or polyps taken during the procedure will be sent to the lab for analysis
- Your General Practitioner will receive all of your reports

For further information please visit:

<http://www.healthlinkbc.ca>

www.screeningbc.ca/colon

www.screeningbc.ca/Colon/Colonoscopy

For more copies, go online at <http://vch.eduhealth.ca> or
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