



Hawkesbury

SPECIALISTGROUP

Colonoscopy is an examination of the colon to exclude cancer, remove polyps and to look for cause of bleeding.

Please follow the instructions given by the hospital. This will ensure you have a clean bowel prep as this helps with examination of your bowel when there is no stool to obstruct good vision.

Bowel Prep the day before

Clear fluids - > 1 cup per hour
Follow Moviprep brochure
Nothing to eat/drink 6 hours prior to arrival in hospital

Please note, if colonoscopy is not complete, you will be referred for CT colongraphy

Risks of Colonoscopy

- 1:1000 Perforation, requiring operation
- Removing polyps increases risk of perforation
- Bleeding, especially if there is removal of polyps or banding of haemorrhoids.

Post Colonoscopy Care

- Do not drink alcohol, smoke, drive, operate machinery or sign any legally binding documents for the full 24 hour.
- You must have someone to take you home and stay with you overnight
- It is advisable that you rest for the remainder of the day, giving yourself time to recover from the procedure. The following day you can return to your normal activities.
- It is not unusual to experience some discomfort in your lower abdomen, this is from the air put inside the bowel to inflate it during the procedure. These wind-type pains and bloating usually pass and settle within a few hours. Try to pass wind as this will help.
- If you have any concern, please contact the number above (during business hours), or present yourself to the emergency department of Hawkesbury hospital.
- It takes 1 week for the results of any tissue removed to come back. Please follow up to check on the results and make further plans for repeat colonoscopy.