

PREPARATION FOR COLONOSCOPY IN ROOMS

Patient: _____

You have been booked on _____ at _____

On the morning of your colonoscopy have a light breakfast (See below). You will probably have been given 4 Dulcolax tablets to take at this time. If you are constipated, you may need to take a laxative on the previous evening but this is seldom required. If you are on iron therapy this should be stopped 4 days before your colonoscopy.

At the time indicated below drink the "KleanPrep" solution at a rate of 1 litre of solution per hour. This is made up by dissolving 1 sachet of the powder in a litre of cold water. Normally 4 litres are needed to clear your colon out completely. The diarrhoea starts 60 minutes after you start drinking and finishes 1.5 hours after completion. You may have cramps for a few hours after the procedure.

You can drink the solution faster than the normal rate of 1 Litre per hour. Some find it easier to drink a litre every half-hour. You may experience some distension discomfort but this will resolve once the diarrhoea starts. The taste and volume are probably the most unpleasant aspects of the procedure. You may also 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. Adding an acidic solution such as lemon may help. Try and drink as much as possible in one swallow, sipping makes the taste very much worse.

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.

A light breakfast before _____

Drink tea coffee etc. with 4 Dulcolax tablets at _____

Mix KleanPrep and start drinking at _____

The drinking must be finished by _____

Codes for Medical Aid Authorization:

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! Private, Momentum, Cape Medical Plan and Bestmed patients must pay on day of service

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])