

# COLONOSCOPY

Please read prior to the procedure

## What is a Colonoscopy?

A colonoscopy is a day-case procedure in which the inside of the large intestine (colon and rectum) is examined. A colonoscopy is commonly used to evaluate gastrointestinal symptoms, such as rectal and intestinal bleeding, or changes in bowel habit. Colonoscopy is also advised in individuals without symptoms to check for colorectal polyps or cancer. A screening colonoscopy is recommended for anyone aged 45 years or older, and persons with a family history of colon polyps or cancer should be screened at an age 10 years younger than it was diagnosed in the family member.

## What Happens Before a Colonoscopy?

To complete a successful colonoscopy, the bowel must be clean so that the physician can clearly view the colon. It is very important that you read and follow all the instructions for your bowel preparation well before the procedure. Without proper preparation, the colonoscopy will not be successful and may have to be repeated.

You may experience some irritation of the skin around the anus due to passage of liquid stools. This can be eased by

- Applying a thin layer of Vaseline around the anus before drinking the PicoPrep, and after each bowel movement
- Wiping with cotton wool soaked in warm water, rather than using toilet paper. Non-scented disposable wet wipes can also be used. Dry by dabbing with a soft towel or cloth.
- Sit in a bath filled with warm water, dab dry with a towel and apply Vaseline.



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## What Happens During a Colonoscopy?

The doctor will insert a long flexible instrument into the rectum and will advance to the caecum (beginning of the colon). If necessary pieces of tissue (biopsy) can be removed for testing, and polyps can be identified and removed. The colonoscopy may allow accurate diagnosis and treatment of colorectal problems, without the need for a major operation. The colonoscope is disinfected between procedures.

You will have an intravenous line inserted (a "drip") and will be lying on your left side. A sedative and a painrelieving drug will be administered; to make you more relaxed during the procedure. Your vital signs are monitored, and you will be breathing oxygen to maintain a normal blood oxygen concentration. The procedure lasts between 20 and 40 minutes on average; and you will be allowed to rest until fully awake. You may feel slightly bloated and uncomfortable after the procedure, due to air inserted into your colon to improve visualization.

## What Happens After a Colonoscopy?

You will remain in a recovery room for observation until you are ready for discharge. You may feel some cramping or a sensation of having gas, but this soon passes. A responsible adult must drive you home. Avoid driving and operating machinery for 24 hours. Avoid alcohol and take a course of QuatroFlora capsules to restore intestinal flora.

Unless otherwise directed you may resume your normal diet after the colonoscopy. Wait until the day after the procedure before resuming normal activities e.g. exercise. If polyps were removed or biopsies taken, avoid using aspirin and anti-inflammatory drugs for 2 weeks. Paracetamol e.g. Panado, Tylenol etc may be used. If you are on anti-coagulants e.g. Warfarin or Plavix, your physician will advise when it is safe for you to restart the medication. If a biopsy was taken or a polyp removed, mild rectal bleeding may be noted for 1-2 days after the procedure.

If heavier bleeding is encountered e.g. clots of blood, or if you have severe abdominal pain, this must be reported immediately. If you are unable to contact the physician, report to the emergency department of the clinic or hospital where the procedure was performed.



# KOLONOSKOPIE

Lees asseblief voor die prosedure.

## Wat is 'n Kolonoskopie?

'n Kolonoskopie is 'n dag-kliniek prosedure waar die binnekant van die dikderm (kolon en rektum) ondersoek word. 'n Kolonoskopie word algemeen gebruik om 'n diagnose te maak van gastro-intestinale simptome soos rektale of intestinale bleeding of verandering in stoelgang gewoontes. 'n Kolonoskopie word ook aanbeveel vir individue sander simptome om ondersoek te doen vir kolorektale kanker of poliepe. 'n Roetine kolonoskopie word aanbeveel vir persone ouer as 45 jaar en is noodsaaklik vir persone met 'n familie geskiedenis van kolonkanker of poliepe.

## Wat Gebeur voor 'n Kolonoskopie?

Om 'n suksesvolle kolonoskopie te kan doen moet die kolon skoon wees sodat die geneesheer die kolonwand duidelik kan sien. Dit is dus baie belangrik dat u die instruksies vir kolon reiniging 'n paar dae voor die prosedure lees en navolg. Indien die voorbereiding nie streng gevolg is nie, is dit moontlik dat die kolonoskopie nie suksesvol afgehandel kan word nie, en moet die prosedure, waarskynlik op u eie onkoste, herhaal word.

U mag moontlik irritasie van die vel rondom die anus ervaar as gevolg van vloeibare stoelgange. Hierdie irritasie kan verlig word deur die volgende te doen:

- Wend 'n dun lagie Vaseline aan om die anus voor u PicoPrep drink en na elke los stoelgang.
- Vee af met watte wat in warm water geweek is eerder as om toiletpapier te gebruik. Droog dan af met 'n sagte waslap.
- Sit in 'n bad warm water, droog af met 'n sagte lappie en wend Vaseline aan.



# KOLONOSKOPIE

## Wat Gebeur tydens 'n kolonoskopie?

Die dokter gaan 'n lang buigsame instrument in die rektum plaas en na die begin van die dikderm (sekum) beweeg. Indien nodig kan weefsel vir toetsing (biopsie) geneem word, en poliepe kan gesien en verwyder word.

'n Kolonoskopie kan akkurate diagnose en behandeling van kolorektale probleme toelaat sander dat 'n groot operasie gedoen hoef te word. Die instrument word na elke prosedure gesteriliseer. U sal op die linkersy le en 'n aarbuis (drip) sal ingesit word. 'n Kalmeermiddel en pynstiller sal daardeur toegedien word om u gedurende die prosedure te laat ontspaan. U sal suurstof ontvang om 'n normale bloedsuurstof vlak te handhaaf en u lewensfunksies sal gemonitor word.

Die prosedure duur gemiddeld 20-40 minute en u sal toegelaat word om na die prosedure te rus tot u heeltemal wakker is. Na die prosedure mag u effens ongemaklik en opgeblaas voel as gevolg van lug wat in u kolon geblaas is om sigbaarheid in die derm te verbeter.

## Wat Gebeur na 'n kolonoskopie?

U sal in die herstellkamer bly vir waarneming tot u gereed is om ontslaan te word. Krampe en winderigheid kan voor kom maar dit is van korte duur. As gevolg van sedasie sal lomerigheid voor kom en moet 'n verantwoordelike persoon u huis toe neem.

U moet nie motor bestuur of swaar masjinerie hanteer vir die volgende 24 uur nie. Vermyn alkohol en neem 'n kursus QuatroFlora kapsules om intestinale flora te herstel. U mag met 'n normale dieet voortgaan na die kolonoskopie tensy anders deur u dokter aanbeveel. Wag tot die dag na die kolonoskopie voor u met fisiese aktiwiteite soos oefening voortgaan.

Indien poliepe verwyder of 'n biopsie gedoen is, moet u aspirien en anti-inflammatoriese middels vir 2 weke vermyn. Parasetamol bv. Panado mag geneem word indien nodig. As u anti-koagulante bv. Warfarin of Plavix gebruik, sal u dokter aanbeveel wanneer dit veilig is om weer die medikasie

te neem. Effense rektale bleeding mag voor kom vir 1-2 dae na die prosedure as 'n biopsie gedoen of poliepe verwyder is. Indien swaarder bleeding of bloedklonte voor kom, of as u erge abdominale pyn ervaar, moet u dit onmiddelik aanmeld.

Indien u dokter nie beskikbaar is nie, moet u na die hospitaal waar die prosedure gedoen is, gaan.

