



UNDERSTANDING YOU, INSIDE OUT

Having an Endoscopy
Colonoscopy

This leaflet has been prepared to provide you with information about your coming procedure and is not meant to replace the discussion between you and your consultant but helps you to understand more about what is discussed.



WHY HAS MY DOCTOR REQUESTED THIS PROCEDURE?

Your doctor has asked us to see you because:

- You may have either an abnormality in your oesophagus (gullet), stomach, bowel or other related symptoms.
- We do a special test that gives your doctor extra information regarding your symptoms, so that he can decide which treatment is best for you.

WHAT DOES THE PROCEDURE INVOLVE?

An endoscopy is a procedure where a long flexible tube with a camera on the end is passed into your stomach or bowel. During the assessment, we plan to do a number of things:

- Sedation or local anaesthetic: we offer the choice of a local anaesthetic or a sedative drug that makes you relaxed and sleepy during the test. Please discuss your preference and possible suitability with your consultant.
- Endoscopy: we pass a thin flexible tube through the mouth into the oesophagus and stomach or through the anus into the large bowel.
- Biopsies: we regularly take samples to send to the laboratory. This is a routine part of the test, and nothing to worry about.

HOW DO I PREPARE FOR THE PROCEDURE?

- Please do not eat anything for 6 hours before the procedure. You may drink clear water only up to one hour before your procedure. If you have a colonoscopy, you should have been given separate information with regards to your preparation.
- If you are thinking or planning to have sedation, please make sure you have someone to take you home afterwards. If you come by yourself, we may not do the procedure until we are sure that you will have someone to take you home. If you have a problem arranging someone to take you home, please let us know before you come to the hospital, if you use a taxi to go home, please arrange for a responsible adult to be at home on your return.

- If you take any antiplatelet/anticoagulant drugs like Warfarin, Aspirin, Clopidogrel, or similar, please phone us and tell us why you are taking it. We usually ask patients to stop taking Warfarin for 5 days before the procedure. Ultimately your consultant will inform you of any changes you may need to make to your medication. If you have had a heart valve replacement, you must not stop your Warfarin but you must let us know and also let your consultant know.
- If you are diabetic, please phone us and tell us what medicines you are taking. Your consultant will then advise on your preparation.

WHAT HAPPENS WHEN I ARRIVE?

When you arrive, you will first register your details with the receptionist. You will be given a medical history sheet which we ask you to complete. Please have your insurance authorization details with you, if applicable. After that you will be taken into an admission area. A nurse will ask you some questions, including what medication you take. Please bring all your medication or a list of all the medicines you take. Following your admission you will be shown into the endoscopy unit, where you will be allocated to either a bay, or a room, depending on the procedure you are having.

A doctor will then come and answer any questions you have about the procedure, and ask you to sign a consent form for the procedure, if you have not already done so.

In case that you have to wait a bit longer for your procedure to start, please bring a book with you. However, reading material will be provided in the unit.

If you opt for sedation, a needle will be inserted in the back of your hand either in the procedure room or prior to entering the procedure room.

WHAT WILL HAPPEN AFTER THE PROCEDURE?

Once the procedure is finished, you will return to your bay in the recovery area. The nurses will monitor you closely until you are fully awake and will offer you a drink before you go home. You should expect to be in the unit for approximately one hour after the procedure has finished before going home.

AFTER THE PROCEDURE, IF YOU HAVE SEDATION:

- YOU MUST ENSURE THAT YOU HAVE SOMEONE TO COLLECT YOU AFTER THE PROCEDURE
- DO NOT use public transport or drive yourself. Please have someone to take you home in a car or taxi
- DO NOT drink alcohol for 24 hours after sedation is given
- DO NOT drive a car or operate heavy machinery for 24 hours after sedation is given

GETTING THE RESULTS

We aim to have results with your doctor within one week of the test, if tissue samples are taken at the time of your procedure. However, the doctor will give you a report of the test on the day of the procedure. Your doctor will also give you a follow up appointment to discuss the results with you. Please ensure you have been given an appointment before you leave.

DELAYS

Sometimes, due to emergencies and other unforeseen circumstances your appointment may be delayed. We try our best to see everyone on time, but please understand that delays can occur and we ask you for your patience.

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