

**THE MOST IMPORTANT  
THING WE DO IS PROVIDE  
THE BEST HEALTHCARE  
AND MEDICAL SERVICES  
FOR OUR PATIENTS  
IN A CARING AND TIMELY WAY**

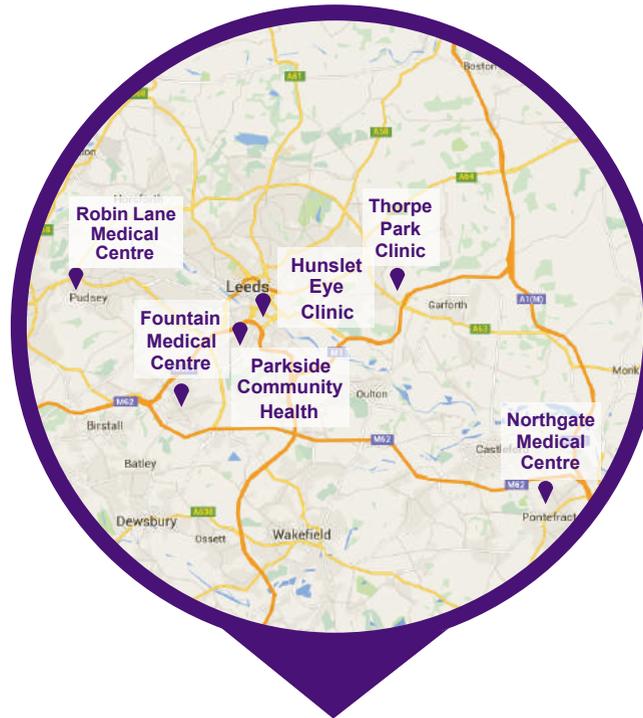
For any further  
information on your  
appointment or our services,  
please call our booking office  
number on

**0113 249 4655**

or email us on

**email@livingcare.co.uk**

where our friendly and  
efficient staff will do  
their very best  
to assist you



**YOU CAN FIND ALL INDIVIDUAL CLINIC MAPS,  
DIRECTIONS AND BUS ROUTES ON  
[WWW.LIVINGCARE.CO.UK](http://WWW.LIVINGCARE.CO.UK)  
UNDER 'PATIENTS'**



LivingCare is the trading name for Fountain Diagnostic Limited and Leodis Care Limited. Fountain Diagnostic Limited whose registered office is at 96 Marsh Lane, Leeds LS9 8SR and registered number is 05814528. Leodis Care Limited whose registered office is at 5-7 East Park Road Leeds LS9 9JD and registered number is 06442564



**A GUIDE  
FOR  
PATIENTS**

*Colonoscopy*

**YOUR APPOINTMENT AT LIVINGCARE.**



# COLONOSCOPY

## PATIENT INFORMATION.

A colonoscopy is a test, which allows the Endoscopist to look at the lining of the colon (large bowel). This test is done by passing a long flexible tube (the thickness of your index finger) through the anus and into the bowel. In some cases it may be necessary to take biopsies (small samples of tissue), these biopsies are taken using tiny forceps and are sent to the laboratory. Taking biopsies is painless and very simple.

It may also be necessary for the Endoscopist to remove polyps from the lining of the colon. These polyps are projections of tissue, which grow on the lining of the colon, and are removed using a small wire loop, which burns through the tissue. Removing polyps is safe and painless.

The test is usually carried out under sedation and takes approximately 30 minutes.

## WHAT ARE THE RISKS?

Having a colonoscopy carries a small risk of perforation (tearing) of the bowel, which may result in an operation. This risk is increased if polyps are removed from the bowel. More common, following a colonoscopy and routine biopsies is slight rectal bleeding which is quite normal and should settle down after a few hours. Occasionally after removing a polyp there can be more severe bleeding that may rarely require surgery. Wind type abdominal pains may also be experienced and again should settle down after a few hours.

A reaction to the sedative drugs used is another complication. This may vary from a simple rash to difficulty in breathing. Although very rare, if it did occur you would be required to be transferred to hospital.

## WHAT IS NEEDED TO PREPARE?

In order for the Endoscopist to have a clear view of the bowel it is essential that the bowel is completely empty.

There are different oral bowel preparations used to clear the bowel, full instructions will be given to you. If these instructions are not followed your test may be unsuccessful.

## DO I KEEP TAKING MEDICATION?

You must keep taking any essential prescribed tablets. If you are diabetic or take any anticoagulants (blood thinning tablets) you must contact us on 0113 249 4655.

## WILL I BE ASLEEP FOR MY TEST?

Colonoscopies are carried out under sedation, which makes you feel relaxed and sleepy. You will be asked to lie on the couch on your left side. Oxygen will be given through a mask placed over your mouth and nose throughout the procedure and a small probe placed onto your finger to monitor your pulse. A small needle will be placed into the back of your hand, through which the sedative injection is put. THIS IS NOT A GENERAL ANAESTHETIC.

## DO I NEED TO BRING SOMEONE WITH ME?

It is important to bring someone with you, and although they do not accompany you into the procedure room, they will be needed to escort you home. The person escorting you also needs to be able to take you home, where you will also need someone with you for the next 24 hours. Although you may feel fine after the procedure, the sedatives used can remain in your bloodstream for up to 24 hours. It is important that both you and your escort note that you should not do any of the following for 24 hours:

- Drive a vehicle
- Operate machinery
- Drink any alcohol
- Sign any legal documents
- Look after children unsupervised

## WHAT HAPPENS WHEN I ARRIVE?

When you arrive at the hospital reception, your name, address and details will be checked. Next you will be seen by a Nurse who will take a brief medical history, record your blood pressure and pulse, discuss and explain the test and allow you time for you to express any worries or questions you have about the test. A consent form will then be signed if you are all happy. You will then be asked to change into a gown and dressing gown (if you wish to bring your own dressing gown and slippers you may do so). After the examination is completed you will be transferred to the recovery room and looked after by a nurse until you have recovered. Any discomfort will soon disappear and no medication is needed.

## WHEN WILL I GET MY RESULTS?

A full report of your test will be sent to your GP. You will also receive a copy and we will discuss it with you. If there are any serious problems discovered during your colonoscopy they will be discussed with you before leaving.

## ENTONOX

Many colonoscopies are now undertaken using Entonox for pain relief. Please read the Entonox leaflet for further details.

**MISSED PATIENT APPOINTMENTS  
ARE COSTING THE NHS  
A HUGE 7 BILLION POUNDS  
PER YEAR!**

If you are unable to make your appointment - please contact us on **0113 249 4655** or text **07713 198617** and we will happily rearrange or cancel for you.

