

Bowel Cancer Screening Programme

Preparing for a colonoscopy procedure

(using Moviprep with or without Senna)

Bowel Cancer Screening Nurse – Tel: 01271 314099

Gemini Endoscopy Suite – Tel: 01271 349180

Appointment details

Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language, please contact the PALS desk on 01271 314090 or at ndht.pals@nhs.net.

This leaflet will answer many of your questions about your colonoscopy. However, if you would like to speak to someone, please contact the bowel cancer screening nurse on 01271 314099 Monday to Thursday 8am to 6pm.

Why is a colonoscopy needed?

This examination allows us to look directly at the colon (large bowel). This means we can check whether any disease is present and may help us find the cause of your abnormal screening test (FIT).

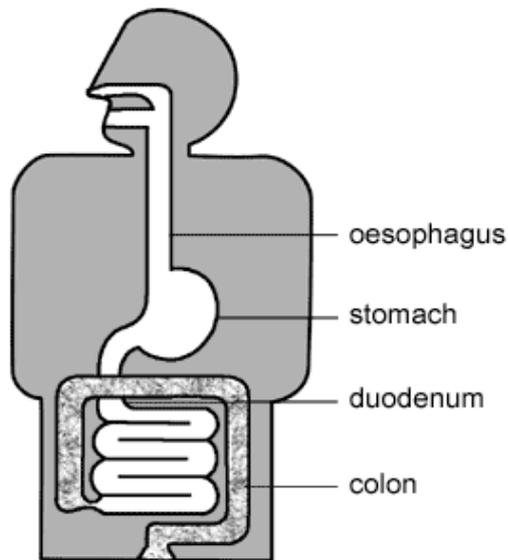
What does it involve?

A colonoscope is a thin, flexible tube, with a camera at the end. It is passed through your rectum (back passage) into your colon. There are medications you can choose to help you through your colonoscopy. These include:

Sedation: the sedation (Midazolam) is called conscious (awake) sedation. It does not knock you out but will help you to relax during the procedure.

Pain Relief: this can be an injection (Fentanyl) or gas & air (Entonox).

You may choose to have one or more of these. Some patients choose to have no medications at all.



Sometimes a small amount of tissue may need to be taken from a particular area for further examination in the laboratory. This can be in the form of biopsy or polypectomy. Tissue is removed using tiny forceps or thin metal wire passed through the colonoscope. This is usually painless. However, you may feel a tugging sensation. During the test, photographs of your bowel may be taken.

How to find us

The Gemini Endoscopy Suite is located on Level 0 at the North Devon District Hospital in Barnstaple.

Once entering the hospital grounds, take the first turning right passing the Seamoor Unit with the living roof. Take the next left and follow the sign to the 'Endoscopy Suite drop-off point' and then on foot, follow the signs to the Endoscopy Suite. Go through the blue door and the entrance to the Gemini Endoscopy Suite is directly opposite.

Special preparations

If you are on medication to thin your blood, for example **Warfarin, Acenocoumarol, Phenindione or Clopidogrel, Dipyridamole, Prasugrel, Tricagrelor or Rivaroxaban, Apixaban, Edoxaban, Dabigatran** and this has not been discussed at your clinic appointment, please contact the Bowel Cancer Screening Nurses on **01271 314099**. You will have written instructions when to restart your medication after your procedure.

If you are a diabetic on medication (insulin or tablets), you may need to adjust your dose. The nurse will advise you and provide additional diabetic related information. For specialist advice, please contact the **Diabetes nurse on 01271 322726**.

Please follow these steps to prepare for your colonoscopy

Moviprep is given prior to colonoscopy to ensure the bowel is empty and allow complete investigation. When taking Moviprep some intestinal cramping is normal. If you feel clammy, faint or vomit, please stop taking the preparation and call the Bowel Cancer Screening Nurses or the Endoscopy Suite within office hours. Out of hours, please call your GP for advice.

In order to maximise the efficacy of the Moviprep bowel cleansing solution, you may also be asked to take Senna tablets prior to your colonoscopy.

If this box is ticked, you need to take Senna tablets for five nights before you start taking the Moviprep bowel cleansing solution, following the instructions below:

Starting on.....take TWO 7.5mg Senna tablets each evening for FIVE nights.

Dispose of any remaining tablets not used during this period safely (e.g. by taking to your local pharmacy).

Five days before colonoscopy

Please avoid granary or multiseeded bread and crisp breads, also any cereals containing seeds eg: muesli, granola.

If you take iron tablets or medications to control diarrhoea, please stop taking them until after your colonoscopy. Continue to take your other medications as normal, unless you have been given specific advice as part of the initial assessment.

Four days before colonoscopy

Please follow the 'Low Residue Diet' sheet for 3 full days, until you are asked to stop eating. Continue to avoid eating seeds.

One day before colonoscopy

If this box is ticked, it means you will be taking Moviprep bowel cleansing solution today in preparation for a colonoscopy procedure tomorrow morning. Please follow the instructions below:

You may have a light breakfast this morning (the day before your procedure) before 9am and then **STOP EATING** solid food until after your colonoscopy procedure. You will still need to drink clear fluids from the permitted list (see page 4).

Make up the first litre of Moviprep (sachet A and B) at **5pm** and drink it over 1-2 hours. Drink an additional 500ml – 1000ml of clear fluids. Have a rest for 2 hours. Anytime between **8-9pm** make up your second litre of Moviprep (sachet A and B) and drink it over 1-2 hours. Drink an additional 500ml – 1000ml of clear fluids. Remain on clear fluids overnight.

On the day of your procedure

Remember, do not eat on the day of your procedure. Only have clear fluids and then stop drinking after

One day before colonoscopy

If this box is ticked, it means you will be taking Moviprep bowel cleansing solution this evening and tomorrow morning, in preparation for a colonoscopy procedure tomorrow afternoon. Please follow the instructions below:

You may have a light lunch today (the day before your procedure) before 1pm and then **STOP EATING** solid food until after your colonoscopy procedure. You will still need to drink clear fluids from the permitted list (see page 4).

Make up your first litre of Moviprep (sachet A and B) at **7pm** and drink it over the next 1-2 hours. Drink an additional 500ml – 1000ml of clear fluids. Remain on clear fluids overnight.

On the day of your procedure

On your day of your colonoscopy: remember, do not eat anything. At **6am** make up and drink your second litre of Moviprep (sachet A and B) and drink it over 1-2 hours. Drink an additional 500ml – 1000ml of clear fluids.

Keep drinking clear fluids only throughout the morning and then stop drinking after

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Permitted clear fluids

It is important to drink plenty of clear fluids up until the time specified above. Drinks might include:

- All types of water
- Lucozade and any other sports drinks
- Tea & coffee (**no milk**), fruit & herbal teas
- Fizzy drinks, eg. Coke, ginger beer, tonic water etc
- Clear fruit juice, apple, cranberry, red/white grape juice (**not orange juice**)
- Fruit squashes (**not blackcurrant**)
- Hot honey & lemon
- Oxo, Marmite, Bovril
- Consommé/clear soup

You can also have:

- Any sugar-based sweets, eg. Jelly babies, fruit pastels, wine gums, Polos, dextrose tablets (**not red sweets**)

Instructions for taking Moviprep

1. Empty the contents of sachet A and B into a 1 litre (1 $\frac{3}{4}$ pints) jug.
2. Add water into the jug up to the 1 litre mark and stir until the powder has dissolved and the Moviprep solution is clear or only slightly hazy. This can take up to 5 minutes.
3. You may flavour the Moviprep with squash if you wish.
4. Drink one glassful ($\frac{1}{4}$ pint or $\frac{1}{2}$ pint) of Moviprep about every fifteen minutes until you have drunk it all. Drink it over 1-2 hours.
5. It is **important** that you drink an additional 500mls – 1000ml of permitted fluids after **each litre** of Moviprep.
6. Make up and take the next sachets in the same way.
7. After drinking Moviprep you will have lots of watery bowel movements so stay near a toilet.
8. The effects of the bowel prep may give you a sore bottom. To help prevent this, use a barrier cream such as Sudocream, zinc and castor oil, or any type of nappy cream. Apply the cream to the appropriate area before starting to take the Moviprep. Use moist toilet / baby wipes to clean with. These can also be stored in the fridge to provide a soothing effect if soreness occurs.

Possible side-effects of preparations

When taking these preparations, feeling sick, fullness in your stomach, bloating and some intestinal cramping may be experienced. If any of the side-effects become serious, contact the Gemini Endoscopy Suite on **01271 349180**, the bowel cancer screening nurse on **01271 314099** or ring your GP for advice.

PLEASE NOTE: Do not take any other medicine by mouth within one hour of taking Moviprep, as it will probably be flushed out before it has time to work.

What to bring

Please bring:

- Consent form (if given at pre-assessment)
- Dressing gown and slippers
- A list of or any tablets/medicines you are taking
- Your reading glasses

Please **do not use moisturising creams** on your body prior to your colonoscopy procedure or wear jewellery, make-up or nail varnish for this appointment.

Do not bring any valuables with you, as we cannot take responsibility for any losses.

What will happen during the test?

You will be asked to lie on your left side on the trolley and made as comfortable as possible. A probe will be placed on your finger and a blood pressure cuff put on your arm. This is to monitor your pulse and blood pressure during the procedure, and is routine. A small plastic tube will be placed in to a vein in your arm or hand. This is used to give you a sedative to make you more relaxed and sleepy.

The doctor will then pass the colonoscope gently into your rectum (back passage) and then proceed on to your colon (large bowel). The examination usually takes about 30-40 minutes.

What should I expect after the test?

After the examination, you will be taken to the recovery area, where you will be able to rest and relax. You will feel the need to pass quite a lot of 'wind' from your bowels. This may last for about 12 hours and is quite normal after this procedure.

If you have had a biopsy taken or polyp removed (small sample of tissue), you may notice a small amount of blood from your rectum (back passage), either on the toilet paper or in the toilet pan.

What are the possible complications?

For most people, colonoscopy is a straightforward procedure. But as with most medical procedures, complications can happen. In rare cases, colonoscopy can harm the bowel. Possible complications include:

- A hole (perforation) in the bowel caused by the colonoscope (around 1 person in 1700); around half of people with a perforation will need surgery to repair it.
- Heavy bleeding needing a transfusion (around 1 person in 2,400). If you have bleeding that is difficult to stop or a hole in your bowel that needs surgery, we will admit you to hospital straightaway.

In rare cases, colonoscopy complications may result in death. However, in a national audit of 20,085 colonoscopies carried out in 2011, no deaths were recorded.

Reliability of colonoscopy

Colonoscopy is a good test for finding polyps or cancer in the bowel. But there is a small chance (about 3 out of 100) that colonoscopy misses cancer or a polyp that could later turn into cancer. This could be because:

- The bowel was not completely empty
- It was difficult to move the colonoscope around the bowel
- In rare cases, the colonoscopist could not see the polyp or cancer

When will I be able to go home?

As you will only have had sedation for this examination, you will be able to go home within about 2½ hours of your appointment time. However, it is imperative that someone comes to pick you up (please **do not** use public transport). You should be accompanied home by a responsible adult who should stay with you for at least 12 hours if you live alone. If this is not possible, then please contact the Gemini Endoscopy Suite.

Once home, it is important to rest quietly for the rest of the day. You can eat and drink normally. However, you must not drink alcohol, drive, sign legal documents or operate machinery for 24 hours. It is also advisable to take the following day off work.

How will I get my results?

The results of your test will be sent to your GP. If you have had polyps removed or biopsies taken, you will be contacted seven to 10 days later by the bowel cancer screening nurse to discuss your results.

Useful telephone numbers

- Bowel Cancer Screening Nurse 01271 314099
- Gemini Endoscopy Suite 01271 349180

Further information

If you have any queries or concerns about your colonoscopy, please do not hesitate to contact the bowel cancer screening nurse.

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email ndht.pals@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

Have your say

Royal Devon University Healthcare NHS Foundation Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at www.careopinion.org.uk.

Royal Devon University Healthcare NHS Foundation Trust
Raleigh Park, Barnstaple
Devon EX31 4JB
Tel. 01271 322577
www.royaldevon.nhs.uk

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Email: ndht.contactus@nhs.net