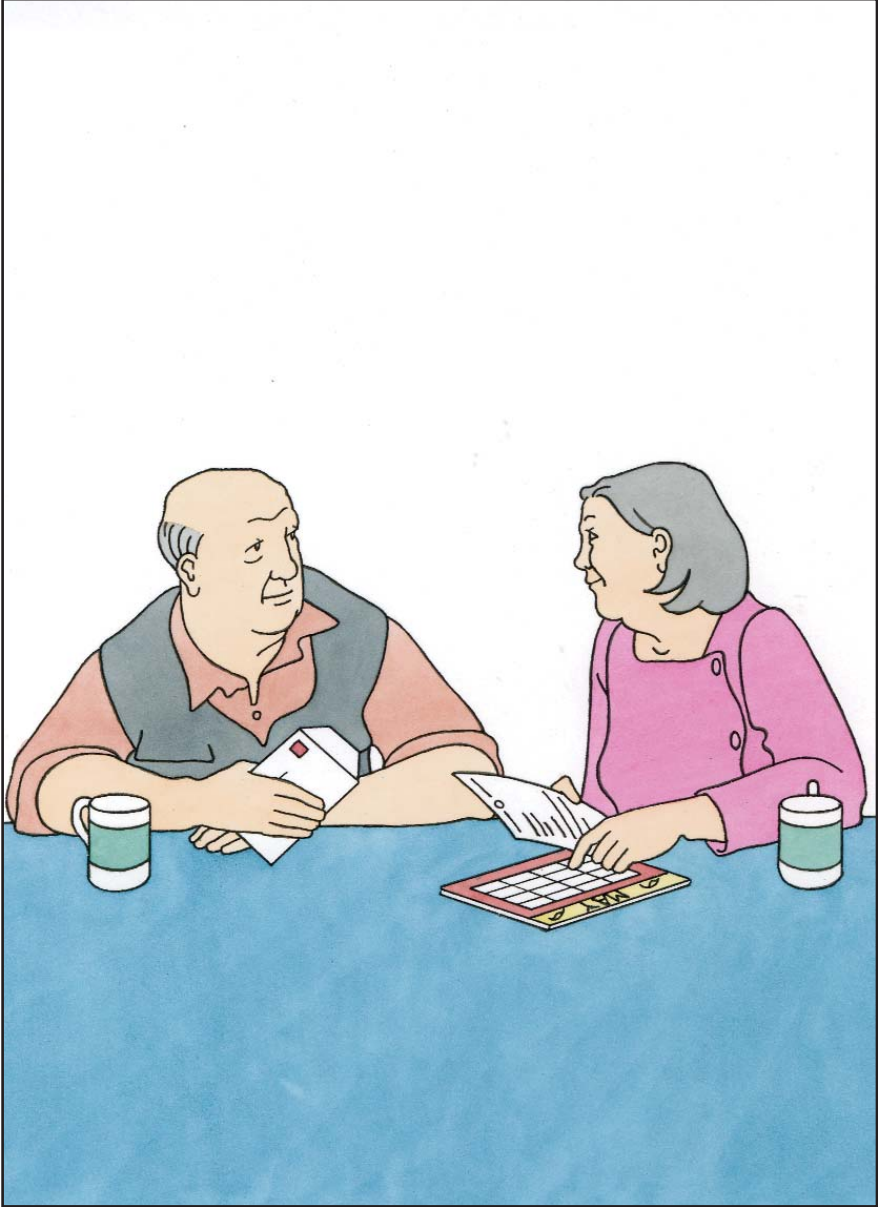
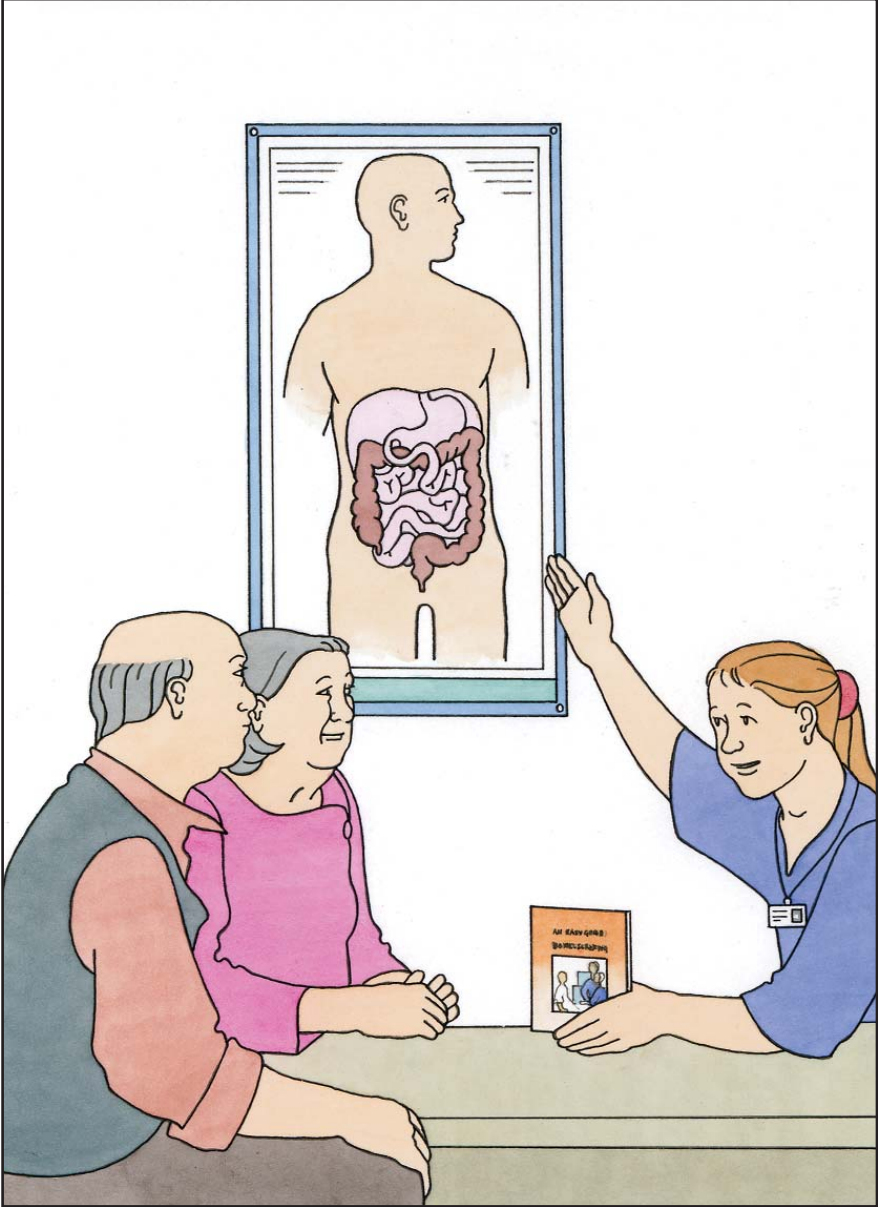


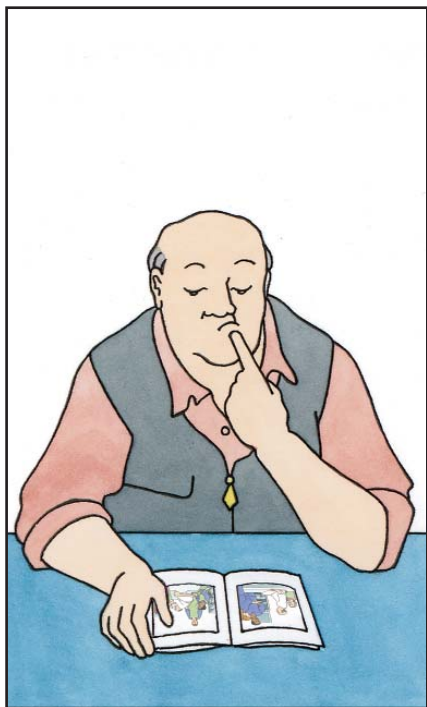
# An Easy Guide to Having a Colonoscopy

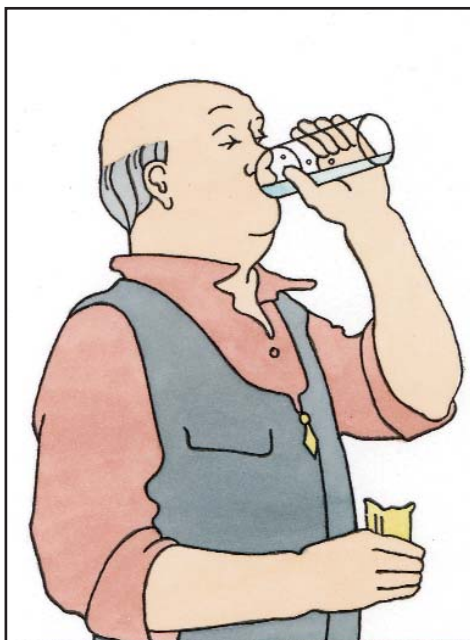
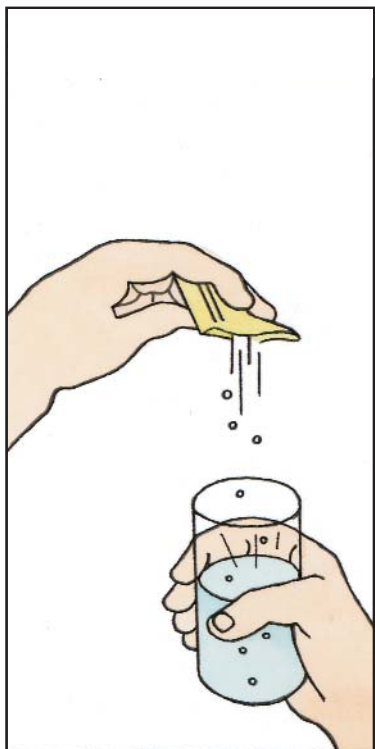
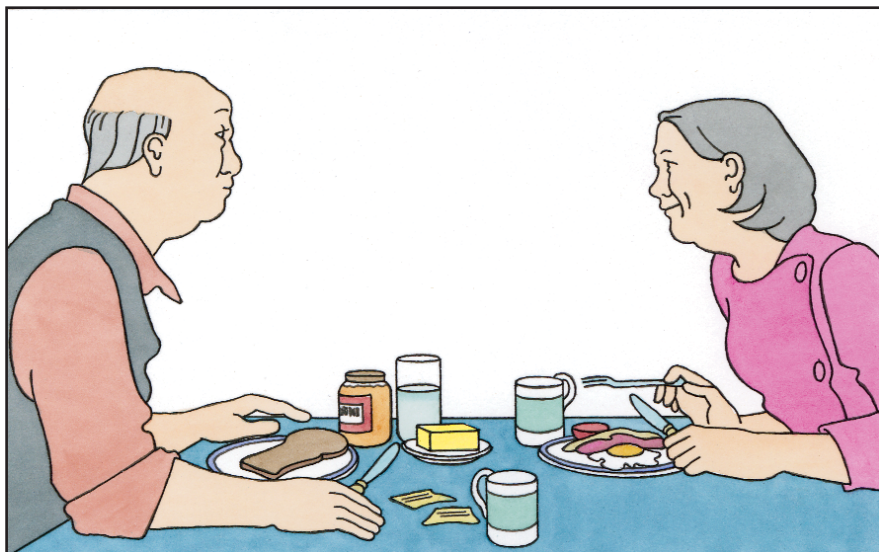


*A leaflet by and for men and women with learning disabilities*

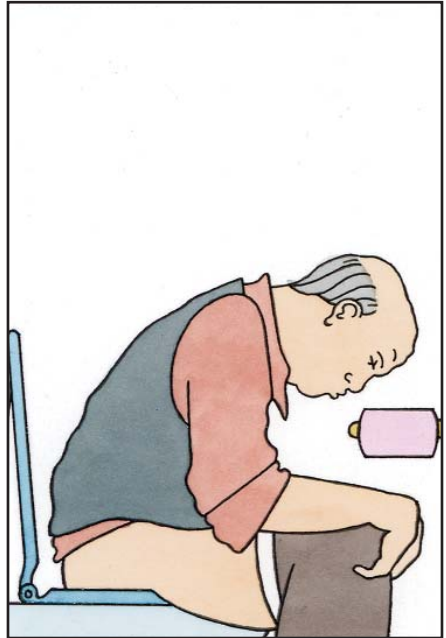
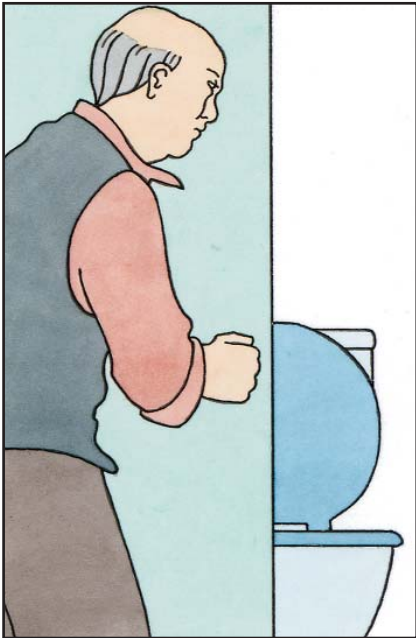
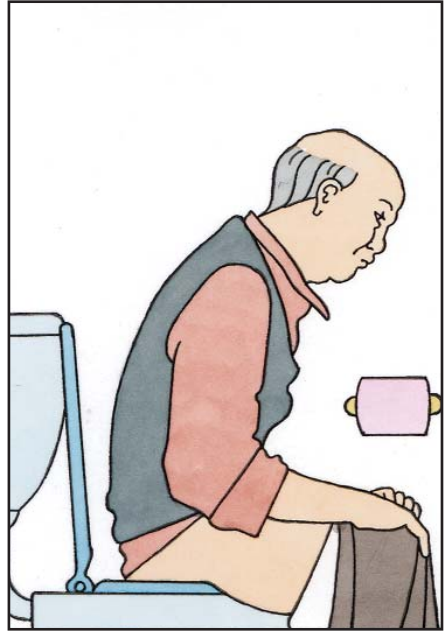
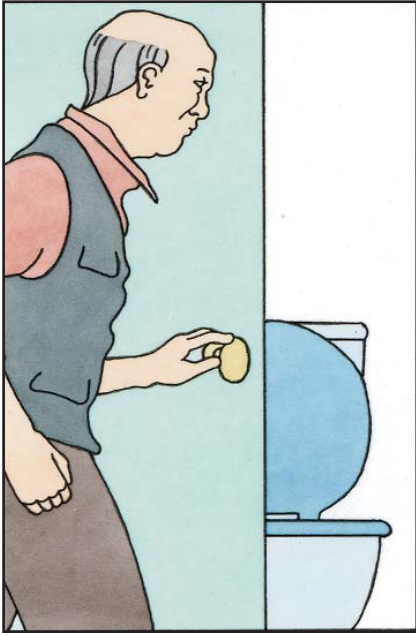


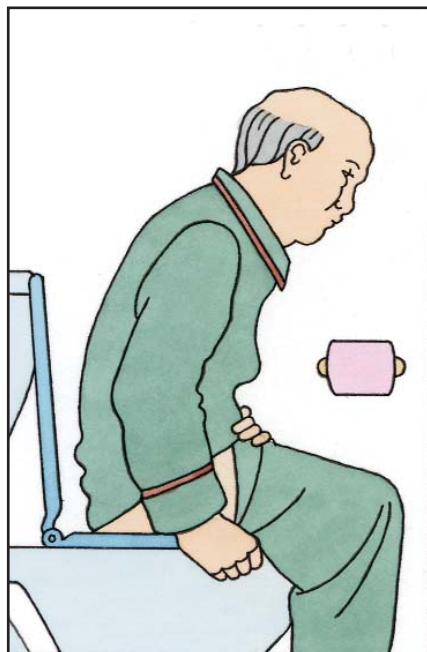
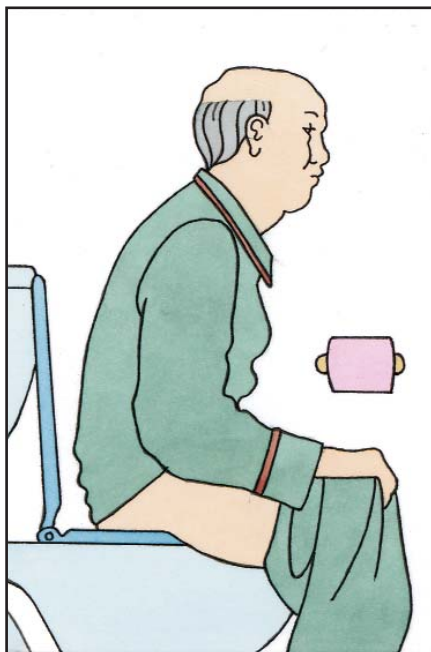
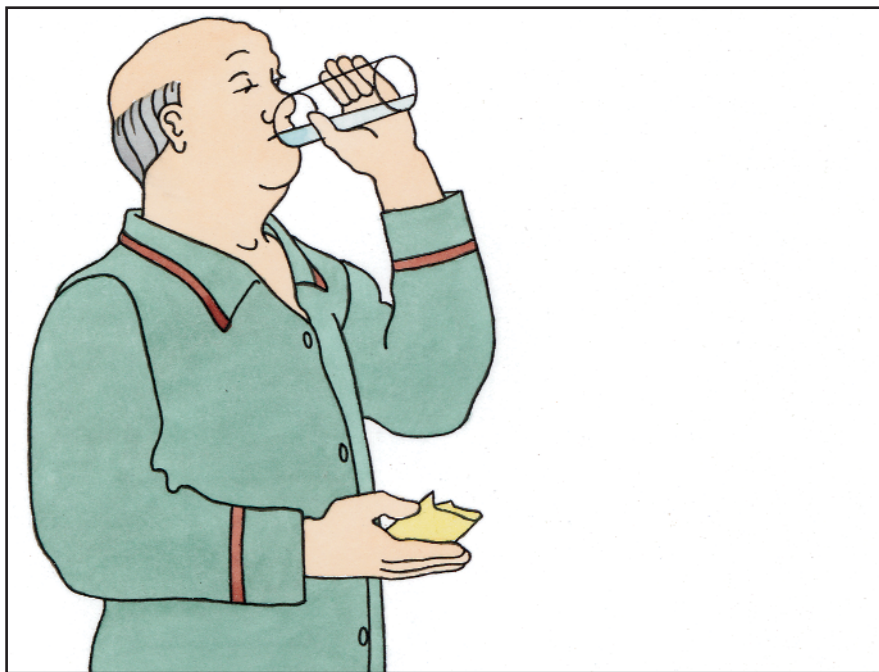






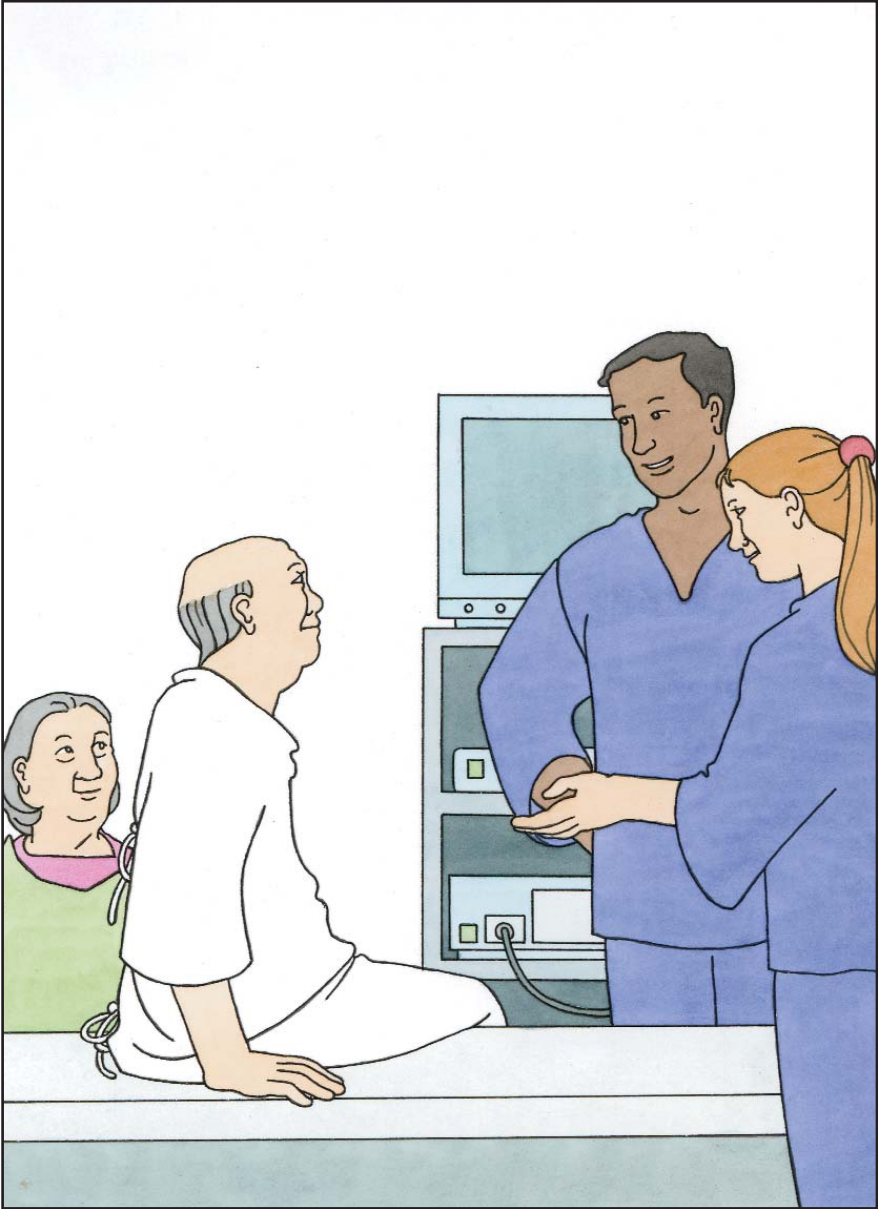


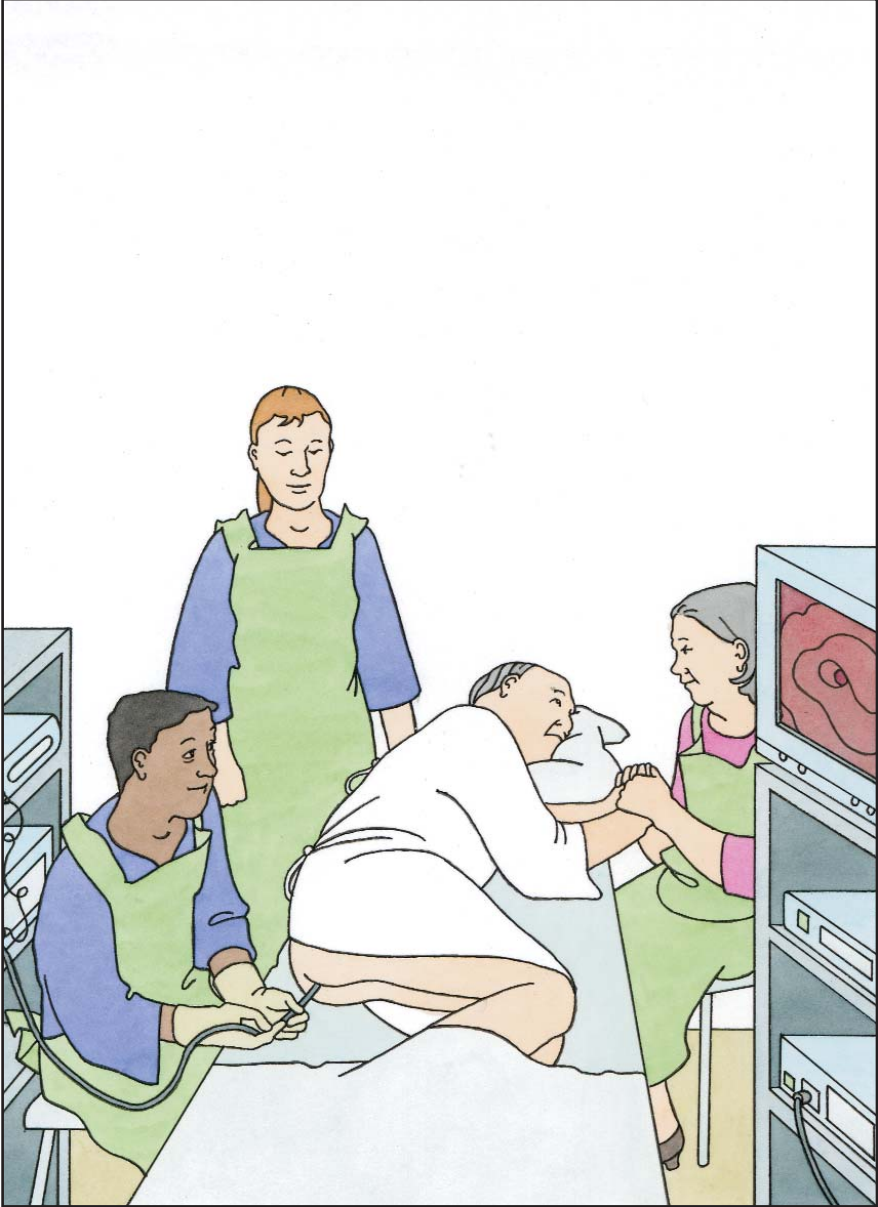


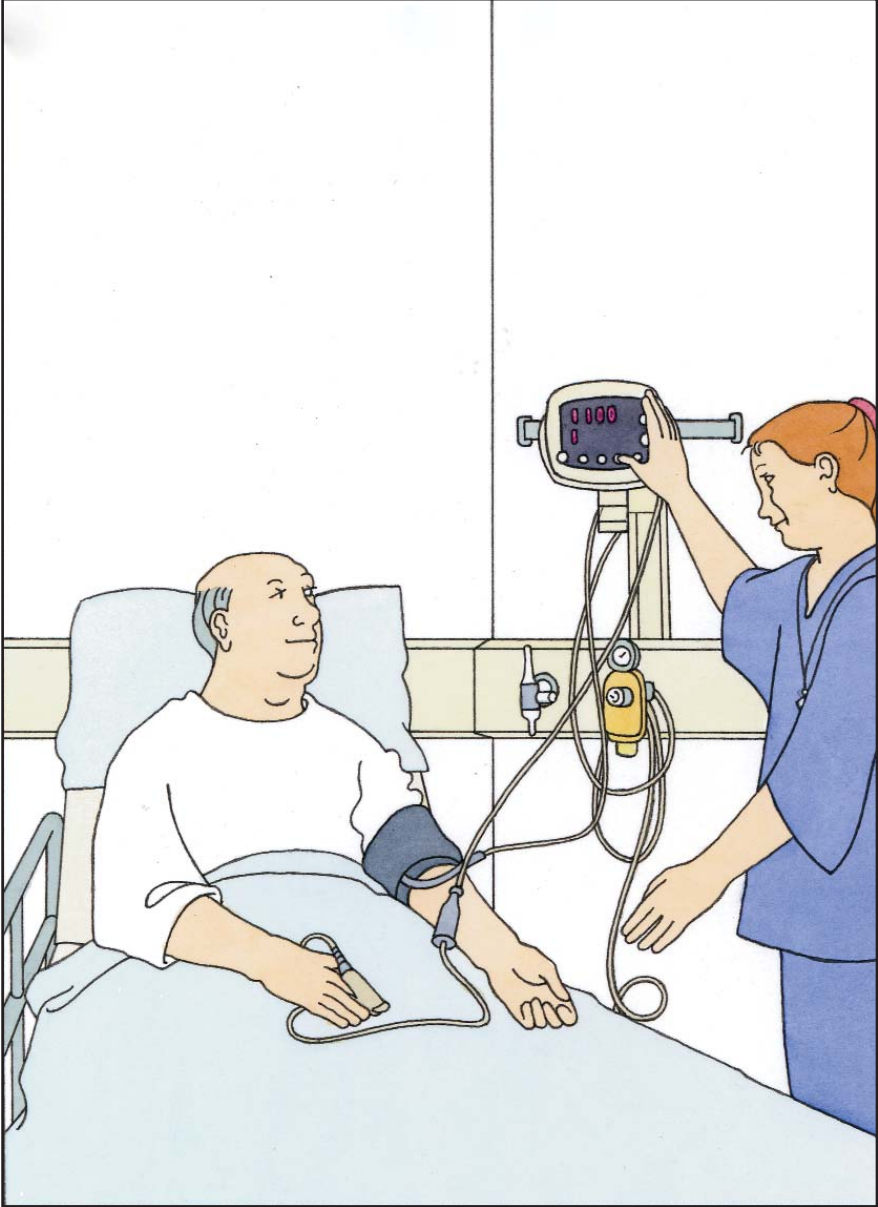


















# An Easy Guide to Having a Colonoscopy

You will get a hospital appointment in the post. You will be able to take someone with you. The nurse explains the colonoscopy investigation. This is a special test to see if anything is wrong with your bowel. The nurse explains where your bowel is. You can decide if you want to have the colonoscopy.

The day before the test you have to go on a special diet. There are some things you can't eat. You get a packet of medicine to help you go to the toilet. Put the powder in some water and drink it. The medicine makes you poo a lot. Take some more medicine in the evening. You will have to go to the toilet lots of times to do more poos.

You go back to hospital for the colonoscopy. The nurse gives you a gown to wear. You can ask for some medicine to help you relax. The doctor puts a tube up your bottom. There is a small camera at the end of the tube. On the television screen the doctor can see what is inside your bowels. He is looking to see if there is anything wrong. When it's finished, you have your blood pressure taken. You will have a rest in the waiting room before going home.

Later, you get a letter in the post with your results.

# You can ask for someone to tell you more about having a colonoscopy.

The pictures and words in this leaflet have been chosen with the help of men and women with learning disabilities. More copies of the leaflet can be ordered via the DH Publications Orderline: Email [dh@prolog.uk.com](mailto:dh@prolog.uk.com), Phone 0300 123 1002.

This leaflet can be downloaded from the NHS Cancer Screening Programme website at: [www.cancerscreening.nhs.uk](http://www.cancerscreening.nhs.uk).

If you are supporting someone with learning disabilities to read this leaflet, please first read the pictures and text yourself. Then let the person tell you what they understand is happening in each picture. This will highlight anything they do not understand.

*Pictures © Catherine Brighton & Sheila Hollins.*