the procedure further sedation or pain relief may be given to ensure you remain comfortable.

What happens after Colonoscopy?
You will return to your cubicle on the day unit to recover. Your heart rate and blood pressure will be monitored until you wake up. Once awake and alert you will be given a light snack.
You may experience some bloating and crampy abdominal (stomach) pain, this is due to trapped wind following the procedure and it will get better. You are encouraged to pass this during and after the procedure for your comfort.

When will I find out the results of the test?
It is the decision of the consultant performing the test if he/she will see you immediately following the test or if an appointment will be made in the outpatient rooms. If the Doctor plans to speak to you after the test, it is recommended that you have someone present with you.
As a result of the sedation many people forget the procedure and what has been said to them. If a biopsy was taken the results may take several days. Details of the necessary treatment should be discussed with the Doctor who ordered the test. Unless otherwise instructed, you should make arrangements for a follow-up clinic appointment with your consultant or referring doctor after the test.

What should I expect when I am sent home?
You must be accompanied home by a responsible adult. Following sedation you MUST NOT drive a car, work, operate machinery, sign legal documents, supervise children on your own or drink alcohol for 24 hours. The sedation used will make you forget things. You may find your memory of the few hours immediately after your colonoscopy to be impaired.

Please do not hesitate to ring this number if you have any difficulties.
The day unit can be contacted on 01 293 7586 between 07.00hrs – 17.00hrs

It is to be expected that you will feel drowsy following your colonoscopy. You may experience some abdominal discomfort for 24 hours. If you have had biopsies taken, polyps removed or any procedure on haemorrhoids you may experience slight bleeding from the back passage.
Should you experience any sudden onset of pain or sudden blood loss please go to your closest Accident and Emergency Department.
You may resume normal daily activities the day after your colonoscopy.

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What is Colonoscopy?

Colonoscopy is a procedure which allows your doctor to look directly at the lining of your colon (large bowel). The large bowel refers to the anus (back passage), rectum, sigmoid colon, descending colon, transverse colon and ascending colon. Colonoscopy is performed in the Endoscopy Unit.

Colonoscopy is performed under sedation and does not require an anaesthetic. You could experience some discomfort during the procedure, but will be made as comfortable as possible.

In order to perform the procedure your doctor will insert a colonoscope, which is a thin, flexible tube with a light at the end, into your bowel through the back passage. The colonoscope lets your doctor directly see the lining of the bowel and take pictures at various sites along the bowel.

How do I prepare for my procedure?

1 week before Colonoscopy:

- If you are taking aspirin, any aspirin containing products, warfarin, Plavix, or any form of blood thinning medication, you must consult your doctor at least one week prior to your colonoscopy.
- If you are taking any anti inflammatory medications (e.g. Difene, Nurofen), you must consult your doctor at least one week prior to your colonoscopy.
- If you are taking any iron supplements, you must consult your doctor at least one week prior to your colonoscopy.
- If you are taking diabetic (sugar) medications including pills or insulin injections, you must consult your doctor at least one week prior to your colonoscopy.

As with all medications you should consult your doctor prior to making any adjustments to your usual regime.

Day before Colonoscopy:

To help your doctor examine the bowel thoroughly it is essential that the bowel is “cleansed” the day before your colonoscopy. This is why you were prescribed a “bowel prep” (Klean Prep or Picolax). The bowel prep comes in powdered form which you will mix with water and drink the day before your colonoscopy. The bowel prep will cause you to pass liquid bowel motions and clean out the bowel. Please refer to the preparation sheet given to you for the specific instructions for your procedure.

Day of Colonoscopy:

Should I take my medications?

If you are scheduled to arrive at the hospital before 10am do not take your morning medications. If you are scheduled after 10am, you may take your normal medications. Your doctor may have specific instructions for you instead of these general guidelines.

How do I get to Endoscopy?

On arrival at the hospital, you will be met at the central reception on the ground floor. The receptionist will take some information regarding your name, address, date of birth, and next of kin. A hospital chart will be prepared for you. The secretary will bring you to the Day Care Unit. The Day Care Unit is on the first floor. All patients for Endoscopy will be admitted to the Day Care Unit.

How long will I be in the hospital?

You will be staying in the hospital a minimum of 2-3 hours. You need to be medically stable and awake before you are sent home.

What happens before the Colonoscopy?

You will be met by a nurse, who will escort you into a cubicle. Bring with you a list detailing any medications you are taking. Inform the staff of any medication or contact (e.g. Latex) allergies you may have. You will be asked information regarding your health history and medical conditions.

Your doctor will see you before the procedure to answer any questions you may have and to explain the procedure fully. You will be asked to sign a consent form. This is to ensure that you understand the procedure and its risks.

If sedated, you must have a responsible adult to bring you home. You will be asked to provide a contact number for this person. You are advised not to bring anything valuable or any large sum of money into hospital with you.

You will be given a hospital gown to wear for the procedure and must remove any jewellery or metal objects. Nail polish and make up must also be removed prior to the procedure. You must leave all valuables at home.

What happens during the Colonoscopy?

In the endoscopy suite you will be positioned on the bed lying on your left side with your knees bent towards your chest. You will have a nurse present with you throughout the procedure.

Your doctor will insert an intravenous (IV) cannula into your arm and then administer a sedative injection which will make you sleepy and relaxed.

You will be attached to a heart monitor to record your heart rate, blood pressure and oxygen levels. You may be started on oxygen through a short tube in your nose.

Once the sedation starts working, your doctor will perform the colonoscopy. If you experience any discomfort during