

## F.A.Q. ABOUT BOWEL PREPARATION AND COLONOSCOPY

**The instructions issued by your consultant should be followed to ensure that the bowel is clear for your colonoscopy.**

### **What can I eat?**

- Tender lean meat, poultry, ham, liver, kidney, fish. Fruit flavoured or set yoghurt
- Potatoes 3 boiled, mashed, roast or chips (no skin)
- Well cooked cauliflower florets (no stalks), carrots, turnip or swede
- Consommé or strained soup
- Soft tinned fruit in natural juice, except those with pips
- White bread, white flour, white rice and pasta
- Water biscuits, cream crackers, Rich Tea, plain sponge cake
- Plain scone (no fruit)
- Jam or, marmalade without skin or pips, honey, syrup

### **What can I drink?**

- Apple or white grape juice (no orange juice) Clear soup broth
- Coffee
- Ginger ale
- Lemon-lime soda (&-up, sprite) Sports drinks (Lucozade) Squash and fizzy drinks
- Tea and Coffee (sugar allowed) but no milk
- Water

### **What should I avoid?**

- Tough, fibrous meat, hamburgers, beef burgers, sausages, faggots Sausage rolls, pasties. Pies and pastries Whole fruit yoghurts, Muesli yoghurt Jacket potatoes, where skins are eaten All vegetables not listed above
- Baked beans
- Thick vegetable soup
- All fruit not listed above
- Whole meal and granary bread
- Wholemeal flour
- Brown rice and whole wheat pasta
- High fibre crisp breads, digestives, hob-nobs Cakes containing dried fruit, nuts or coconut All nuts and dried fruit
- Jam or marmalade with skin or pips
- Peanut butter
- All high fibre breakfast cereals, porridge, bran Cheese, cottage cheese or cheese sauce Butter, margarine and fats and oils



## **Below are some examples of suggested meals**

Two days before the colonoscopy take a low residue diet. Examples of these are:

### **Breakfast:**

Cereal e.g. Rice Crispies, puffed wheat, cornflakes

1 egg

White bread, butter or margarine jam or jelly Tea, coffee, with milk and sugar if wanted  
Fruit Juice

### **Morning tea:**

Tea, coffee with milk and sugar if wanted, clear fruit juice, squash or cordial

Plain biscuits

Sponge cake (no dried fruit, cream, nuts or chocolate)

### **Lunch:**

White bread sandwich with a scrape of butter, ham, lean meat, chicken or tuna as filling

Natural Yoghurt

### **Dinner:**

Clear or sieved soup

Very Lean meat, fish or chicken (not fried or cooked with addition of fat) White rice or pasta or plain boiled or mashed potatoes with no fat

Florets of cauliflower or broccoli or sieved cooked

Vegetables

Plain ice cream or sorbet, jelly (avoid red jelly) or natural yoghurt

## **One day before the colonoscopy:**

### **Breakfast:**

1 egg, boiled or poached

1 slice white bread with scraping of butter or margarine

Tea, coffee with no milk (sugar if desired)

### **Morning tea:**

Tea, coffee without milk but sugar if desired



## **The day of the colonoscopy:**

Clear fluids from the list above. If you are having a colonoscopy only you can drink clear fluids up until 2 hours before your appointment time. If you are having a gastroscopy prior to the colonoscopy then nothing to drink for 6 hours prior to the appointment time.

## **Tips For Colonoscopy Prep:**

- To reduce any anal discomfort, use adult wet wipes or a water spray to clean the rectal area instead of toilet paper.
- Applying barrier cream to your anal area can help reduce discomfort.
- Keep plenty of clear liquids on hand to drink. Water gets boring and staying hydrated is important.
- Follow the doctor's instructions. You wouldn't want to have to do the prep all over again because you didn't get it right the first time

## **Guidelines for Diabetic patients**

### **Patients on insulin**

- Continue insulin as normal during period of bowel preparation
- Supplement sugar level with Lucozade if blood sugar level drops (see below)
- More regular monitoring of blood sugar is necessary
- Small reduction in insulin dose may be needed.

### **Patients on hypoglycaemic tablets**

- Continue tablets as normal
- Supplement with Lucozade if blood sugar drops (for details see below)
- More regular monitoring of BS if necessary.

## **NOTE:**

100ml Lucozade contains 19g carbohydrate (CHO)

100ml (non diet) fizzy lemonade or Coke contains 10g carbohydrate (CHO)

100ml Lucozade Sport contains 7g carbohydrate (CHO)

So one glass (180ml-200ml) of Lucozade or two glasses of lemonade/Coke can be sipped slowly at meal times to replace usual dietary carbohydrate (CHO)



## **The equivalent for Lucozade Sport is three glasses**

Patients should also take plenty of other clear fluids including salty drinks/clear soup to replace salt and water lost through the bowel because of Picolax preparation.

## **What are the risks of having a colonoscopy?**

A colonoscopy carries a small risk of complications, the main risks are: Perforation or tear of the lining of the bowel wall (1 in every 1000) the risk of perforation is higher if polyps are removed (1 in 500)

Bleeding may occur at the biopsy site or polyp removal site (1 in every 150). This is usually minor and can be dealt with at the time of the procedure.

A reaction to the drugs used for sedation.

**In patients with kidney failure, dehydration may make the kidney failure worse.**

## **What will happen during the colonoscopy?**

Before the colonoscopy you will be asked to change into a hospital gown.

A clip will be attached to the finger and a blood pressure cuff applied to the arm to monitor blood pressure, pulse and oxygen levels. Oxygen will be administered by a tube into your nostril. You will be asked to lie on your left side and an injection given to make you relaxed and sleepy.

The colonoscope will be inserted into your bottom and air is gently passed into the bowel. The air may cause you to feel the need to open the bowel. The colonoscope can remove any liquid in the bowel so you will not soil yourself. Small tissue samples (biopsies) may be taken depending on your symptoms. These are painless.

If a polyp is found it will be removed. A polyp is a growth from the lining of the bowel and if left they can grow and cause problems in the future.

The procedure will take between 20- 40 minutes.

## **What will happen after the colonoscopy?**

You will be monitored by nursing staff until the sedation has worn off.

Usually after 1 hour you will be ready to be discharged. You will need a friend or relative to take you home. You will not be able to go home by public transport.

Once home you can eat and drink normally but should rest for the remainder of the day.



## **What can I expect after a colonoscopy?**

Most people are ready to go home after resting for half an hour or so. You may need to stay a bit longer for observation if you have had any polyps removed.

The operator will also tell you what they saw before you leave. However, if you have had a sedative you may not remember afterwards what they said. Therefore, you may wish to have a relative or close friend with you who may be able to remember what was said.

**You are recommended not to drive or operate heavy machinery for 24 hours post procedure..**

## **Symptoms following the procedure**

These are the unwanted, but mostly temporary effects you may get after having the procedure.

After having a colonoscopy you may feel bloated and uncomfortable due to trapped wind. You may find that lying on your front can sometimes help. Trapped wind usually passes after a few hours. You may also bleed a little from your back passage if you have had a biopsy or polyp removed.

It is usual to feel a little bloated and 'windy' after a colonoscopy, peppermint tea helps to settle these symptoms down.

Very occasionally, the colonoscope may cause damage to the colon. This may cause bleeding, infection and, rarely, perforation. If any of the following occur within 48 hours after a colonoscopy, consult a doctor immediately:

- Abdominal pain. (In particular if it becomes gradually worse, and is different or more intense to any 'usual' pains that you may have.)
- Fever (raised temperature).
- Passing a lot of blood from your anus.

***If you have any queries or concerns please do not hesitate to contact us on Tel: 020 8337 9609***

