



About Colonoscopy



For internal use**Your appointment**

An appointment for your Colonoscopy has been arranged on:

Date: _____

Time: _____

You need to stop this medication from _____ to _____

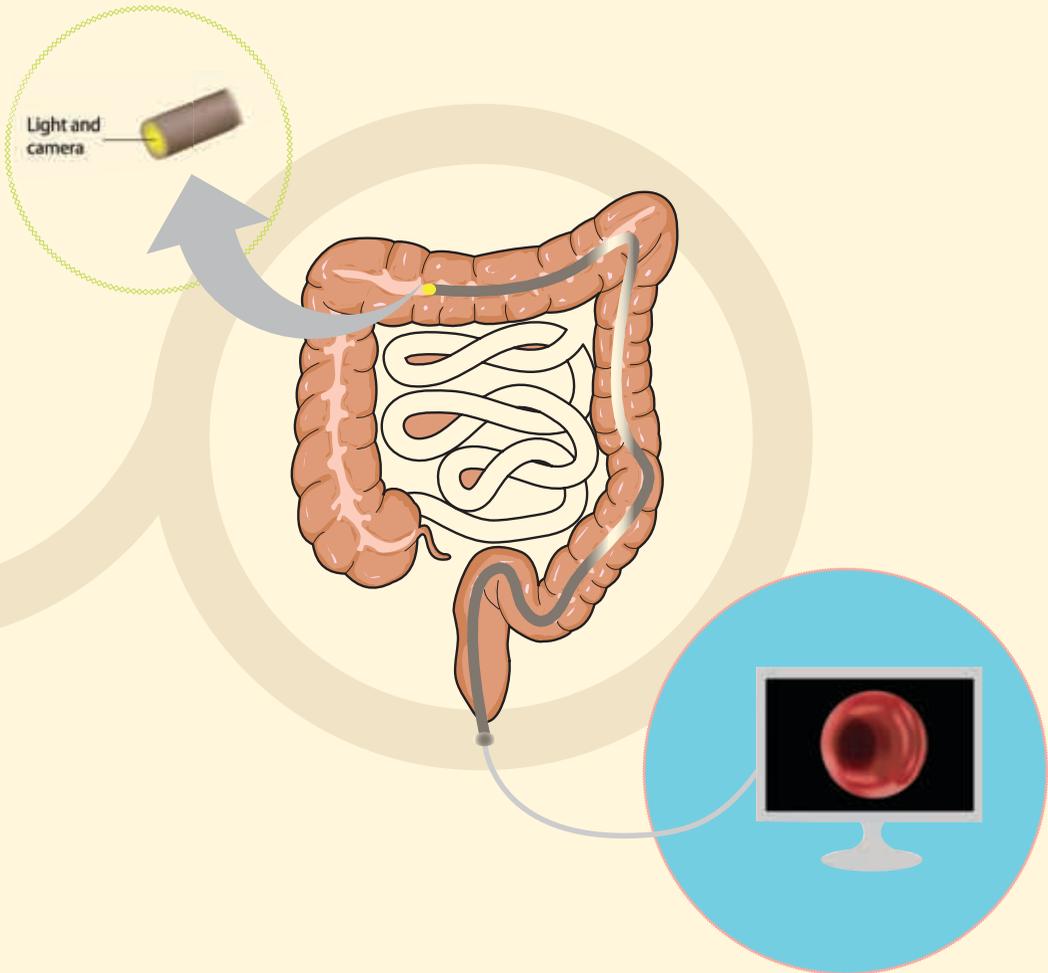
- Plavix / Clopidogrel
- Aspirin
- Warfarin
- Ticlid / Ticlopidine
- DM Medications
- Others: _____

Please call the Endoscopy Centre (6850 3417) if you need to change your appointment.

Please bring this booklet along with you for the appointment

What is a Colonoscopy?

A Colonoscopy involves direct visualisation of the lining of your colon for abnormalities by inserting a flexible tube into your anus and slowly advancing it into the rectum and colon.



Why do I need a Colonoscopy?

Some of the reasons for a Colonoscopy include:

- Routine screening of patients who have a past history of colon polyps or tumours or patients with a family history of colon cancer
- Abnormal weight loss
- Evaluation of abdominal pain
- Rectal bleeding
- Change in bowel habits
- Blood in the stool
- Past history of colon polyps or tumours
- Polyps or tumours detected during a barium X-ray examination

Is there an alternative to a Colonoscopy?

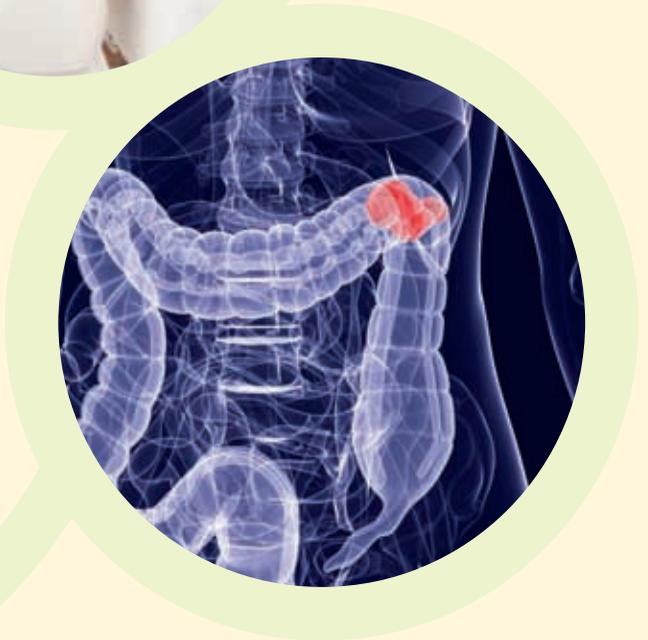
Alternative tests to a Colonoscopy include:

- Barium Enema
- CT scans of the abdomen and pelvis
- CT Colonoscopy



What are the benefits of this procedure?

A colonoscopy is the most accurate way to find and remove small polyps and get a biopsy. If you do not have a colonoscopy, polyps or tumours may not be identified until they are at a more advanced stage.



Preparation

How can I prepare for my Colonoscopy ?

- Bowel preparation – the bowels need to be clean (removed of stool) before the procedure. The preparation consists of consuming a large volume of a special cleansing solution or clear liquids a day before the test so that a clear view can be obtained (refer to bowel preparation instructions given).
- You will also be placed on a clear liquid diet the day before the test.
- You may be instructed to adjust the dose of your medications or stop taking specific medications prior to the examination. For example, if you are taking a blood thinning medication, your doctor will determine how and when you should stop taking this prior to the procedure.
- Other medication / tablets: You must keep taking any essential prescribed tablets (*e.g. heart tablets, blood pressure tablets etc.*) with a sip of water.
- Do not eat or drink anything for 6 hours before the procedure.
- You will need a friend or family member to escort you home after the examination. This is because the medications used for sedation can impair reflexes, judgment, and your ability to drive.



What happens when I arrive at the Endoscopy Centre ?

- The doctor will explain the procedure to you and you are required to sign a consent form.
- Please inform the doctor if you have any allergies.
- A cannula will be inserted into your vein in the hand or arm to administer medications. You may also receive sedation through this needle.
- For safety reasons, you will be asked to remove your eyeglasses or contact lenses, dentures, jewellery and nail varnish.
- You are required to put on a hospital gown prior to the procedure.



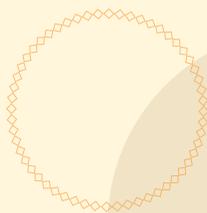
During the Colonoscopy

- Before the procedure begins, you will be asked to lie on your left side with your knees drawn towards your chest.
- You will be given an intravenous sedative. The sedative will make you drowsy and relaxed. A clip on your finger and cuff on your arm will help the nurse to monitor your pulse, blood pressure and oxygen level.
- Your doctor will insert an endoscope into the anus and passed up through the colon. A small amount of air is inserted to open the colon and allow viewing of the surrounding area.
- If a polyp is found during the exam, your doctor may take a biopsy or remove it at that time.
- The procedure usually lasts between 20 to 30 minutes excluding the preparation time.



After the Colonoscopy

- After the procedure, you will be transferred to the recovery area where you will be monitored until most of the effects of the relaxing medication have worn off.
- You will be given food and drinks when you are ready. Though you may be eager to eat after fasting, please start with soft foods for your first meal.
- You may experience minor cramping and gas after the procedure. This should quickly improve.
- You should return to your bowel movement pattern within 1 to 2 days after your procedure.
- You can leave 2 to 3 hours after you are awake. Even though you feel awake and alert after you leave the centre, your judgment and reflexes will be impaired for the rest of the day.
- During the recovery time (normally 24 hours), avoid driving or operating heavy machinery or devices that may endanger you or others.
- You should be able to return to your normal activities by the next day, unless advised by your doctors
- **Results:**
 - You will be informed of your scope result upon discharge.
 - You will be given an **Inpatient Discharge Summary** (a copy of your scope finding) to bring home.
 - An appointment will be made for you to see the doctor in the clinic. If you have a biopsy or polyps removed, you will be informed of the result during your appointment.
- The doctor will let you know when you should restart your blood thinning medication.



Possible Complications

- Complications can sometimes occur. They include bleeding from the site of a biopsy or polypectomy and a tear (perforation) through the lining of the bowel wall. Should this occur, it may be necessary for your surgeon to perform abdominal surgery to repair the intestinal tear.
- A reaction to sedatives may also occur.

Things to look out for when you get home

- You might experience a slight bleeding if a polyp is removed or a biopsy taken.
- You might feel light-headed or nauseous due to the sedative.
- Please rest while you are home.
- Avoid consuming alcohol.
- Resume your regular medications unless advised by your doctor.
- If you continue to feel unwell, please seek medical help. It is advisable that you bring along your **Inpatient Discharge Summary** when consulting a doctor.
- You may contact CGH's Endoscopy Centre between 8.00am to 4.30pm if you have of the following symptoms within 48 hours of discharge:
 - Severe / prolonged lower abdominal pain (sharp, constant abdomen pain)
 - Hardness of lower abdomen
 - Persistent fever of more than 38.5°C
 - Large amount of blood when passing motion
 - Persistent redness, tenderness and swelling at the site of the intravenous injection
 - Rashes after taking prescribed medication



For internal use

Follow up care:

- No follow up is required.
- Next check-up appointment:
 Date: _____ Time: _____
 Venue: Clinic _____ Level _____
 Fasting needed: Yes / No
No food and drinks 6-8 hours before blood taking
- Scan appointment:
 Date: _____ Time: _____
 No food and drinks from: _____
- You need to stop this medication till _____
- | | |
|---|---|
| <input type="checkbox"/> Plavix / Clopidogrel | <input type="checkbox"/> Aspirin |
| <input type="checkbox"/> Warfarin | <input type="checkbox"/> Ticlid / Ticlopidine |
| <input type="checkbox"/> DM Medications | <input type="checkbox"/> Others: _____ |
- Pamphlet info given: _____
 (Patient / relative's name and signature)

For Enquiries:

Endoscopy Centre
 Tel: 6850 3415

Monday to Friday: 8.00am to 4.30pm
 Saturday: 8.30am to 11.30am
 Sunday & Public holiday: Closed

After office hours, you
 may seek treatment
 from GP or **A&E**
department (if you
are experiencing
severe discomfort)

2 Simei Street 3 Singapore 529889
Tel: 6788 8833 Fax: 6788 0933
Reg No 198904226R

For appointments and enquiries,
please call the CGH Appointment Centre at
Tel: (65) 6850 3333

CGH Appointment Centre operating hours:

8.30 am to 8.00 pm (Monday to Friday)
8.30 am to 12.30 pm (Saturday & Sunday)
Closed on Public Holidays

For more information, please visit
<http://www.cgh.com.sg>



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