

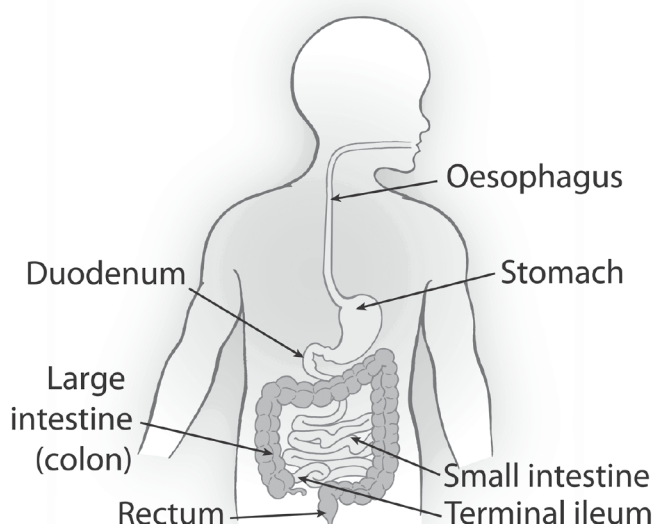
# **Your Colonoscopy Test at the Royal Hospital for Sick Children**

## **A guide for young people**

### **Your colonoscopy test - what is it?**

We have arranged for you to come to the Royal Hospital for Sick Children for a colonoscopy test. We use a flexible telescope, called a colonoscope, which has a tiny camera and light on the end. This examines the lower part of the bowel (see diagram) looking at the large bowel (colon) and the end of the small intestine (ileum). We do the test with you asleep (anaesthetised) so there is no discomfort or memory of the test. We usually have a look at the upper part of the bowel at the same time (upper endoscopy). There is another leaflet about this.

Medical Records will send you the date of the test.



If you have any questions, please telephone the gastroenterology secretaries on 0131 536 0615 from 9am to 4pm Mon-Fri.

## **Getting ready for the scope test**

To get the best look at the lower bowel, we need you to take a medicine (bowel preparation) to clear the bowel. The medicine we normally use is called Citramag. Unless you are given the medicine by us, we would like you to see your GP to get a prescription for this as detailed at the end of the leaflet with instructions on how to make it up and how much to take.

The medicine is taken at 5pm two days before the test is done. This allows you to keep to your usual routine (school/college). You will be able to eat normally during this time.

You should have more medicine at 9am and 5pm on the day before the test. On the day before the test, we advise that you have good amounts of clear fluids (diluting juice and/or water). A diet of soups, puddings and more liquid soft foods is advised as they are more easily digested e.g. scrambled eggs, cereals, ice-cream, jelly and custard. Please call us if there are any problems with this.

## **On the day of the test**

Our tests usually take place in the afternoon. On the day of the test you should have a light breakfast e.g. white toast, rice krispies or cornflakes and any regular medications you are on before 8am.

After 8am you can have clear fluids to drink until you arrive on the ward. The medical and nursing staff on the ward will ask you a few questions. You will have some routine observations done (weight, temperature, pulse and blood pressure). If anaesthetic is to be given through a vein (in the hand), a cream will be used to numb the skin over the vein at least an hour before the test. The cream numbs the skin over the vein.

The doctors from the gastroenterology and anaesthetic teams will see you on the ward, explain the procedure again and ask for your written consent. Any risks of the anaesthetic and the scope test will be explained to you as part of that discussion. You are welcome to ask as many questions about the test as you wish.

## **The test**

You will be taken to the anaesthetic room in theatre where the anaesthetist will either put in a small cannula (tube) into a vein in the hand or give you a mask to breathe in the anaesthetic. Once you are asleep, anyone who has come with you (parent/guardian) will be asked to leave and they will go back to the ward where they can wait. In theatre, the scope is carefully passed up through the bottom end (anus) and round the bowel. Problems from this test are uncommon but the doctor taking the consent will explain all about the procedure and any other procedures that we might have to do at the same time.

## **After the test**

Immediately after the test you may be a bit sleepy. The doctor will come to see you after the scope list finishes and explain what they saw and any plans that are needed. There are usually no problems after the test but some young people may complain of a sore stomach, wind and a sore throat. This is normal and usually mild. Paracetamol can be used following the dosage instructions on the bottle/box. Before we allow you home we make sure there are no problems and you are able to eat and drink normally. You should be able to go home

around 6pm. Occasionally you might have to stay in hospital overnight. If you need to stay, the reasons will be discussed with you. You should bring an overnight bag just in case.

## **What happens next?**

We will usually contact you by letter or phone about the results.

## **What if there are problems later?**

Telephone the Accident and Emergency Department (A&E) if you have any worries. Their number is 0131 536 0206 or 0207. Explain what test was done, which consultant did it and what is worrying you. If there is any doubt, you should be seen at the Royal Hospital for Sick Children.

**Your views on our service** We will give you a questionnaire to ask your views on the overall endoscopy experience. This is to help us to ensure the service is the best it can be.

Royal Hospital for Sick Children  
Sciennes Road  
Edinburgh  
EH9 1LF  
Tel. 0131 536 0000

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