

## Aftercare

A report will be sent to your GP within the next few days. Any specimens that were taken will need to be reported on by the laboratory, which takes approximately 10—14 days. The results of any specimens taken are not sent back to the Endoscopy Unit, so please do not telephone us to find out results. The results will be sent directly to your consultant and forwarded to your GP.

Please telephone the Endoscopy Unit with regards information contained within this leaflet. A member of the nursing team will be glad to advise you.

For all general enquiries please use the following contact details:-

Tel: 01634 825027 or 01634 825028

Opening Hours:  
Monday-Friday: 7.30am to 6.00pm

However if you need urgent advice out of these hours please contact Medway Maritime Hospital on 01634 830000 and ask for Sunderland day Case Unit on Ext. 5601

Endoscopy Unit  
Sunderland Day Case Centre  
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PIL00001210-3

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## Sunderland Day Case Centre Endoscopy Unit

# Gastroscopy and Colonoscopy

(MoviPrep)

CARING

RESPECTING

LISTENING

LEARNING

Better care *together*

[www.medway.nhs.uk](http://www.medway.nhs.uk)

You have been advised to have a gastroscopy and colonoscopy. This leaflet will give you information about the procedures and help you to prepare for it. We also enclose a short pre-procedure questionnaire which we would like you to complete and return in freepost envelope as soon as possible.

### **What Are These Tests?**

A gastroscopy is an examination of the lining of the gullet (the oesophagus), the stomach and the first part of the small intestine or gut (the duodenum).

A colonoscopy is an examination of the lining of the large bowel (the colon). We endeavour to look at the whole length of the colon from the rectum to the caecum. Both examinations are done using a flexible endoscope, a gastroscope and a colonoscope. There are various tests or treatments that can be carried out during these procedures, depending on the reason you are having these tests. These will be discussed further on the day of your appointment.

### **Preparation for the Tests**

Your stomach and bowel needs to be empty for the tests to be successful. If the bowel is not clean, parts of the colon will be obscured and the examination can not be completed, which means it may need to be repeated or other investigations will need to be carried out at another time. This will result in a delay with your diagnosis / treatment.

### **After the Procedure**

On completion of the two examinations you will be returned to the ward area to rest. We will monitor your recovery from the procedures and sedation. When you are sufficiently awake you will be offered some toast / biscuits and a drink.

At the end of the list a member of the endoscopy team will discuss the findings with you. It is a good idea to have someone with you as you may forget what has been said, due to the sedation you have been given. We will also discuss any further investigations or treatment with you. Please talk about any worries you have or ask any questions, we will do our best to answer them.

### **After Effects**

The effects of the sedation can last up to 24 hours after your procedures. During this time, you should not drink any alcohol, sign any legal documents, place yourself or anyone else in a position of risk by driving or operating machinery. You may experience a sore throat after your procedure. This can be relieved by sucking lozenges for a sore throat.

You may experience some bloating, abdominal discomfort and have wind-like pains. To help these symptoms pass, move around and have warm drinks. Return to a normal diet and drink extra fluids for a while to re-hydrate yourself.

### **Are there any Risks?**

Complications following a gastroscopy are rare, but include a reaction to the sedation, bleeding or perforation. Similarly complications following colonoscopy are rare and also include a reaction to the sedation, bleeding, perforation of the bowel (an operation may be required if this occurs).

## On the Day of Procedure

Check in at the reception of Sunderland Day Case Centre at the time of your appointment. You will be shown to the ward area of the department. A nurse will explain the procedure in detail with you and ask you a few questions about your general health. We will need to know what medications you are taking and any allergies you have. A doctor will also discuss the procedure with you and get your signed consent to carry out the procedure.

Expect to be at the hospital all morning for morning appointments, all afternoon for afternoon appointments. You will be given sedation prior to the procedures, therefore it is necessary that someone accompanies you home. We also advise you to have someone at home with you for 12 hours and not to go to work the next day.

## The Procedures

You will be asked to take off your clothes and change into a hospital gown. Jewellery, body piercings will need to be removed, therefore we suggest you leave your jewellery at home for safety (wedding rings can be taped to your finger).

The tests take place in one of the procedure rooms. The gastroscopy will be done first. You will be lying on your left side with your knees bent towards your stomach. There will be a nurse at your side monitoring and reassuring you during the procedure. The gastroscopy takes about 5 minutes and the colonoscopy on average 30 minutes. Air is introduced into the colon to allow the scope to pass around the bowel easily. This may cause some bloating and a trapped wind like discomfort. You may pass wind during the procedure. The staff understand why this is happening so please do not be embarrassed by this. It is also likely you will feel extra wind-like pains after the procedure for a time.

**So it is very important that you follow the diet and specific instructions on taking MOVIPREP as explained on the following pages and the enclosed leaflet.**

Please also read the leaflet produced by the manufacturer which lists contra-indications. We realise that the diet is quite bland and restrictive and the bowel preparation is not a pleasant experience, but both are essential for a successful colonoscopy.

## Seven Days before your Colonoscopy

**STOP** taking any **IRON** tablets or preparations.

If you are on **WARFARIN** tablets please contact the Endoscopy Unit at this time for further advice.

If you are **DIABETIC**, please contact your diabetic nurse or the Endoscopy Unit at this time for further advice.

## Four Days Before your Colonoscopy

**STOP** taking any medications that create bulk in the bowel (eg fybogel) or any constipating tablets (eg Lomotil or codeine phosphate), which may be prescribed.

**BUT CONTINUE WITH ALL OTHER MEDICATION** and any laxatives until your appointment.

## Two Days before your Colonoscopy

Eat only low fibre food and increase your fluid intake.

### You Can Eat

Lean meat  
Cheese eggs and tofu  
Grilled, poached fish  
Skinless chicken  
Boiled or mashed potatoes  
Plain ice-cream  
White bread, pasta or rice  
Custard, clear jelly  
Rice krispies or cornflakes  
Shredless marmalade or jam  
Butter or margarine  
Boiled sweets  
Water, fizzy drinks, fruit squash  
Clear soups  
Oxo, Bovril, Marmite  
Tea or coffee with skimmed milk

### You Can Not Eat

ALL fruit, salad and most vegetables  
Nuts and pulses  
Wholemeal or brown bread  
Brown rice, Wholemeal pasta  
Chocolate or confectionery with fruit and nuts  
Crisps  
Tough meat, sausages pies  
Fruit and nut puddings  
Cakes and biscuits  
Cooked cheese  
Beans including baked beans  
Yoghurt  
Chips  
Potato skins

## Movi Prep

We enclose a printed information sheet from the manufacturer's of the bowel preparation and would suggest you read it carefully in advance.

It will be necessary to start taking the MOVIPREP the day before.

MOVI prep will give you diarrhoea in order to clear your bowels for the examination. You will need to stay close to a toilet. You may need to take the day off work. The effects usually begin two hours after taking the sachet. Some intestinal cramping is normal.

**Remember to drink plenty of clear fluids as well. This may be continued up until TWO HOURS before you are due to arrive at the Hospital. However be aware that these fluids will continue to have an action on your bowels.**

If at any stage you vomit the preparation mixture or have any other concerns regarding side effects please see the information sheet given with your preparation. You may also ring the Endoscopy Unit for advice.