



COLONOSCOPY

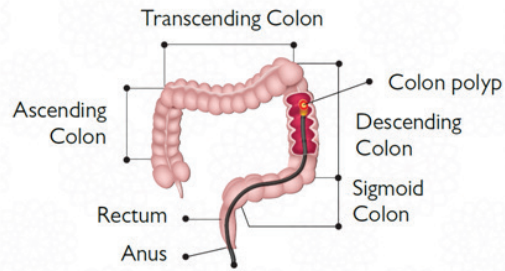
What you should know

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COLONOSCOPY

During a colonoscopy, your doctor uses a thin, flexible camera to check for abnormalities or disease in your lower intestine or colon. The colon is the lowest portion of the gastrointestinal tract that takes in food, absorbs nutrients, and disposes of waste. The colon is attached to the anus via the rectum. The anus is the opening in your body where feces are expelled. During a colonoscopy, your doctor may also take tissue samples (biopsy) for diagnostic findings and other therapeutic measures which may incur additional cost. They may also remove abnormal tissue such as polyps. The procedure takes at least 15 minutes to 1 hour.

GENERAL INSTRUCTIONS

- **Escort:** This procedure will involve sedation and/or anesthesia. You must have a responsible adult who can escort you and drive you home or accompany you on a bus or taxi to your home.
- **Prescription for Bowel Cleanse:** You will be prescribed a laxative solution that will help clean your colon for the procedure. The prescription will be given to you during visit to the OPD. You should pick up this medication at least 2 days before your procedure and follow given instructions.
- You must read the consent form and sign it to show the understanding of the procedure and its complications.

WHAT PREPARATION DO I NEED TO DO?

- If you have any allergy for any medicines and foods inform prior to the procedure.
- Let your doctor know about any medical conditions you have.
- Your doctor will give you instructions for a “bowel preparation.” You must take the full dose of bowel cleansing medicines/ sachets and follow diet instructions as per the doctor’s instructions for successful Colonoscopy. (Fullness, abdominal cramping and diarrhoea is expected after this preparation)
- Clearly inform the doctor if you are taking any medicines especially anti coagulants (blood thinners: Aspirin, Warfarin, Plavix, Xarelto), diabetic medicines, other over-the-counter medicine, etc. at the time of booking for the procedure. The doctor shall advice about medication that may need to be stopped or can be continued before the test.
- In case you are taking any anti-hypertensive medicines (blood pressure medicines), take it accordingly with small sip of water.
- If you use CPAP or BiPAP for sleep apnea inform the doctor prior to the procedure.
- The eyeglasses, contact lenses and dentures must be removed before the procedure.
- Avoid smoking and consumption of alcohol.
- You should arrive at the hospital 1 hour prior to the procedure time with national identity card and insurance card and prepare to stay at least 4 hours in the hospital.
- For some therapeutic procedures packing an overnight bag is safer and some therapeutic procedures may need you to be observed overnight.
- Avoid important meetings/appointments on the same day as your performance may be affected by the sedation.

WHAT HAPPENS DURING COLONOSCOPY?

Just before your colonoscopy, you’ll change into a hospital gown. Most people get a sedative. During the procedure, you’ll lie on your side on a padded examination table. Your doctor may position you with your knees close to your chest to get a better angle to your colon.

While you’re on your side and sedated, your doctor will guide a flexible, lighted tube called a colonoscope into your anus. Slowly and gently, they’ll guide it up through the rectum and into the colon. A camera on the end of the colonoscope transmits images to a monitor that your doctor will be watching. Once the scope is positioned, your doctor will inflate your colon using carbon dioxide gas. This gives them a better view.

Your doctor may remove polyps or a tissue sample for biopsy during this procedure. If clips are used to stop bleeding after a biopsy/polypectomy they may not be MRI safe in certain cases. You’ll be awake during your colonoscopy, so your doctor will be able to tell you what’s happening. If your doctor removes tissue or a polyp during a biopsy, they’ll send it to a laboratory for testing. Your doctor will tell you the results when they’re ready, which is normally within a few days.

WHAT CAN I EXPECT AFTER COLONOSCOPY ?

- After the procedure, you’ll be taken to the recovery area to rest quietly for a few minutes or hours until the sedative has worn off.
- You should not drive, operate machinery or drink alcohol for 24 hours after having the sedative. You will need somebody to accompany you home and to stay with you for at least 24 hours.
- Even if you feel very alert, the sedative can stay in your blood for 24 hours and you may experience further episodes

of drowsiness. Please donot take any important decision or make any legal transaction for at least 24 hours after the procedure.

- You may feel bloating and “gas” for a while. This is normal and should improve rapidly.
- Your doctor will discuss the test results and you will receive diet & medication instructions if any. The result from any biopsy may take time your doctor will advise you accordingly. Also, you will receive a copy of the report, CD of the procedure, and follow up appointment. However, if you have had a sedative you may not remember afterward 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 might notice little bit of blood in your stool for 12 hours after a biopsy especially colonic biopsy. If any polyp removal has been done, you need to watch your stools for presence of fresh blood. If this happens, please report to emergency department without delay.
- If you develop symptoms like abdominal pain, fever, bloating, vomiting, rectal bleeding or persistent black stools please come to the emergency department immediately.



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THE LOCATION

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