



Colonoscopy

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Colonoscopy

A colonoscopy is an examination of the colon for which a flexible tube is inserted through the rectum in order to visualize the inside of the colon and sometimes the final part of the small intestine as well.

Other instruments can be inserted through the colonoscope to take tissue samples for microscope examination or perform treatments such as stopping bleeds, removing polyps, dilating strictures, etc.

A colonoscopy requires a highly specific preparation procedure, therefore we urge you to read this information carefully.

If you have any questions or comments after reading this information, please do not hesitate to ask your treating physician, GP, or the care team from the AZ Jan Portaels Endoscopy department.

Your treating physician prescribed a colonoscopy on:

Date:

Time:

Preparation

The procedure requires thorough preparation. In order to ensure that the procedure goes smoothly, it is important for you to strictly follow the preparation guidelines.

1. In the week before the procedure

It is important to notify the physician before the procedure if you have a clotting disorder or if you are taking blood thinners (such as Sintrom®, Marcoumar®, Clexane®, Fraxiparine®, Aspirin®, Clopidogrel® or Plavix®, Xarelto®, Pradaxa®, Eliquis®). This medication impacts clotting and may pose a significant risk of bleeding during and after the procedure. Your physician will discuss with you whether the medication needs to be stopped temporarily or substituted.

2. Three days before the procedure

Because digested food can significantly limit visualization during the procedure, the colon needs to be completely clean to allow for an efficient and safe procedure

It is therefore crucial to follow the following preparatory procedure as strictly as possible.

- Starting on the third day before the procedure, you may eat only low-residue foods: no whole-grain bread, no whole rice, no fruits or vegetables. Fibre in stool complicates a thorough clearing of the colon.

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3. Preparation night before the examination

Your physician will tell you which preparation applies to you, either the preparation using Colofort or the preparation using Eziclen®.

Preparation using Colofort®

Night before the procedure

The actual preparation will start the evening before the procedure. You need to buy a box of Colofort® (no medical prescription needed) from the pharmacy, in order to prepare for the procedure.

Colofort® contains four sachets. Dissolve each sachet in a litre of water (non-sparkling) = 4 times one litre.

Night before the procedure you will drink two times one litre, between 18:30 and 20:30. You will have diarrhoea. This is intentional, it will clear the colon. Before drinking the liquid, you can have a light meal around 17:00. After this time, you'll only be allowed to drink until 23:00.

Morning of the procedure

On the morning of the procedure you will drink the remaining two litres of Colofort® at home. For you, this means between and

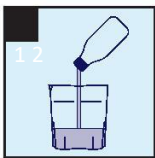
You should have drunk it all no later than three hours prior to the start of the procedure. This program usually ensures sufficient clearing of the bowel, causing watery and clear stools.

2 Preparation using Eziclen®

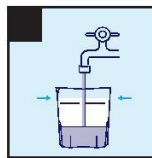
Night before the procedure

You need to buy a box of Eziclen® (no medical prescription needed) from the pharmacy, in order to prepare for the procedure.

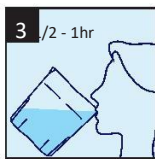
- Around 17:00 you may have a simple, low-residue meal, e.g. a sandwich. Then, you must wait until after the procedure to eat.
- At 18:00 you start drinking EZICLEN®.



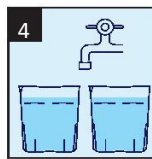
Pour the contents of one bottle of Eziclen into the cup



Add water until it reaches the mark on the cup



Take your time (half an hour to an hour) to drink the full cup



IMPORTANT

The following hour you must drink two (2) additional cups of water (or other approved clear liquids - see approved liquids).

Pour the contents of 1 bottle of Eziclen® into the cup and add cool water until it reaches the mark.

DRINK SLOWLY (HALF AN HOUR TO AN HOUR)

Afterwards, you must drink an additional litre of water, tea, or diluted clear apple juice. You must do so within the hour.

You can dilute Eziclen® if the taste is too concentrated (use the water for the additional litre to do so). Every ten minutes drink one cup (switching between Eziclen® and the additional litre).

You will have to go to the bathroom regularly (diarrhoea is normal).

Of course, you cannot eat.

Morning of the procedure

- You cannot have breakfast.
- You start by drinking a cup of tea with sugar or a non-sparkling sports drink.
- Start drinking the second bottle of Eziclen® at.....
- Perform steps 1 through 4 exactly as written.

Pour the contents of 1 bottle of Eziclen® into the cup and add cool water until it reaches the mark.

DRINK SLOWLY (HALF AN HOUR TO AN HOUR)

Afterwards, you must drink an additional litre of water, tea, or diluted clear apple juice. You must do so within the hour.

You can dilute Eziclen® if the taste is too concentrated (use the water for the additional litre to do so).

Drink one cup every ten minutes (switching between Eziclen® and the additional litre).

You may drink tea and sugar, water or diluted apple juice until 3 hours prior to the procedure. Afterwards you must remain NPO/nil by mouth.

If the bowel-clearing was unsuccessful, you must notify the treating physician or the Endoscopy department (contact details in the back of this leaflet).

You may need to be given an enema. If so, you will need to check into the Endoscopy department earlier than your scheduled appointment.

You may not eat or drink anything on the morning of your procedure. If you need to take necessary medication, it is best to discuss this with your GP or the treating endoscopist.

Admission

Going home

You will be sedated, so we recommend that you arrange for someone to accompany you to the hospital. You are not allowed to drive for the remainder of the day, if sedating medication has been administered.

Admission to the day hospital

When you arrive in AZ Jan Portaels, you first check in at the kiosk in the entry hall, after which you will be referred to Admissions to pick up a patient identification wristband. Afterwards, you will go to the Endoscopy department (building A, second floor), where you check in at the reception and take a seat in the waiting room.

Shortly before the start of the procedure, a nurse will take you to a patient room where you can change before being taken to the endoscopy room.

Procedure

The procedure is generally painless and takes approximately 15 minutes. You may experience bloating and cramping if air is introduced through the colonoscope.

The colonoscopy will be performed under deep sedation, and you will be asleep for a brief period of time. Deep sedation must not be confused with general anaesthesia as used for surgery. This involves paralytic medications and you will temporarily be mechanically ventilated.

Deep sedation is comparable to the way you sleep at night: you are unconscious, but all bodily functions work autonomously.

During the procedure, the entire colon and sometimes the final part of the small intestine will be visualized and inspected.

It is also possible that the tissue will be biopsied for further examination. These results may take a few days and will be sent to your GP.

If any polyps (which may sometimes cause symptoms) are found in the colon, these are generally removed during the procedure and will be examined in the pathological anatomy lab.

After the procedure

You have to stay in the room until the sedation has mostly worn off.

Immediately after the procedure, you will be taken to the recovery room where your vital signs such as blood pressure, heart rate will continue to be monitored for a while.

After the procedure you may experience some cramps or bloating which is caused by the air that was introduced into the colon during the procedure. These inconveniences will pass more quickly if you manage to pass some gas.

Your physician may decide to insert an anal catheter in order to facilitate the evacuation of air.

Discharge

After you are discharged from the recovery room, you will be returned to the patient room. You will generally be discharged from the hospital quite quickly. When you return to your room, you can make arrangements to be taken home.

Under no circumstances are you allowed to drive on the day of the procedure. It is also best to avoid taking any important decisions for the remainder of the day.

Complications

Complications such as bleeding or perforation during a colonoscopy are very rare.

Bleeding is possible if a polyp has been removed. This type of bleed is usually mild and will stop spontaneously. If the bleeding is too severe, the endoscopist will usually try to stop it during the procedure.

Delayed bleeding may occur up to several days after the procedure. In case of significant bleeding, it is important that you contact the treating physician or that to you go straight to the ER.

On very rare occasions, there may be a minor perforation of the intestinal wall, allowing air to escape from the intestine to the surrounding tissue. This may cause peritoneal irritation and often requires additional surgery.

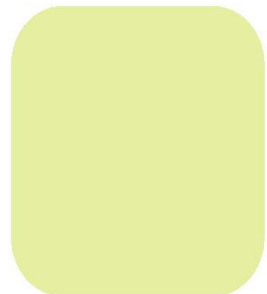
Finally

If you have any questions or concerns after reading this leaflet, please do not hesitate to ask your treating physician or the care team. We are happy to help.

Please do not forget to sign the consent form for the procedure at the back of this leaflet. This form will be added to your medical record.

Finally, we would like to assure you that we will do all that we can to make the procedure and your stay in AZ Jan Portaels as smooth as possible.

We would like to thank you in advance for your cooperation during the preparation and the procedure itself.



Contact details

Endoscopy day hospital | T 02 257 58 40

Dr. F. Staels | T 02 257 59 18

Dr. J. Hulstaert | T 02 257 59 22

Dr. V. Verschuere | T 02 257 59 32

Dr. E. Motté | T 02 257 59 50

Dr. A. Seghers | T 02 257 59 53

Reception | T 02 254 64 00

ER | T 02 257 56 80

Outpatient clinic | T 02 257 51 73

Internal medicine 1 | T 02 257 57 20

General Hospital Jan Portaels

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