



تجمع الرياض الصحي الثاني
Riyadh Second Health Cluster



Guide to Colonoscopy

What is Colonoscopy?

An examination of the colon's lining (the large intestine) where an endoscope (a long, flexible tube) is passed through the anus into the colon. The camera at the end of the endoscope assists the physician to:

- **Explore possible causes of intestinal problems.**
- **Determine bleeding areas within the colon and see the abnormal parts.**
- **Take biopsies (small samples of tissue) if needed to be sent to the laboratory for testing.**
- **Remove polyps, if any, which are usually benign and of different sizes.**



How is colon prepared before colonoscopy?

Before the appointment for endoscopy, the colon must be cleansed completely so that the physician can see any abnormal parts.

Good preparation helps the physician to explore the colon accurately, which increases chances of identifying causes of diseases. therefore, you must carefully follow the preparation instructions that will be given to you by the endoscopy unit.



In case that the bowel is not well prepared, your endoscopy will be canceled and another appointment shall be made

What should I do on colonoscopy day?

Bring all medications you take, especially those for heart disease, hypertension, diabetes and blood thinners.

Do not bring valuables to the hospital.

Please come to the Endoscopy Unit at the appointed time.

A companion is strictly forbidden to enter along with the patient inside the Endoscopy Unit. There is a waiting area for companions outside the Endoscopy Unit.

You have to inform the personnel of the Endoscopy Unit of the accompanying person, who shall be called after finishing the endoscopy to take you home.

You shall be requested to sign special form stating your consent to the endoscopy

Please be aware that the endoscopy may not be performed directly upon arrival at the Endoscopy Unit, and that you may have to wait a while depending on the number of patients in the Endoscopy Unit.

Please inform the medical team if you suffer from any symptoms of heart, lungs, kidneys, liver, or any other medical conditions that may need careful attention before, during or after the endoscopy.

Please inform the medical team if you have any allergies to medications such as antibiotics, analgesics, or others.



How is a colonoscopy made?

- 1) You shall be taken to Endoscopy Room located inside the Unit.**
- 2) Then You shall go to Examination Room and lie on your left side with your knees slightly bent.**
- 3) You will be given fluids and numbing medication through an IV line. Many people fall asleep during examination while others are generally comfortable, relaxed and not aware of it.**
- 4) The physician will insert endoscope through the anus, gently pump air and water through the scope into the colon to inflate it and allow the physician to see the entire lining. You may feel bloating or gas cramps as the air opens your colon. Try not to feel shy about passing**

this gas (it's just air), and let your physician know if you are uncomfortable

5) Procedure may take 15 – 25 minutes.

6) After the colonoscopy, you will be observed in the observation area for one to two hours until effects of the sedative and anesthetic wears off.

7) You can eat and drink as soon as you leave the Endoscopy Unit, unless otherwise is recommended by your physician.

8) You should not drive a car, work with sharp objects, operating machinery, or sign official papers, and make important decisions on that day; it is preferable to rest at home.

9) You shall be granted sick leave for one day only (the day on which endoscopy is performed).



What are the complications of colonoscopy?

Complications are very rare, but there is a risk of (1 per 1000 cases) of the following occurring after a colonoscopy. The percentage may reach (1-4 per 100 cases) of polyp removal cases:

- Perforation (rupture) of the intestine, which may require surgery.
- Bleeding
- Allergy to sedatives used during the examination.

The possibility of complications may increase if you have any pre-existing heart or lung conditions. The physician shall discuss you if there are any increased complications before the endoscopy.



Are there any precautions at home after colonoscopy?

It is normal to experience small amounts of bleeding from the lower or middle abdomen and discomfort for up to two weeks after the colonoscopy.

So, don't worry if you have watery stool this is normal and it will pass. However, if you have any severe pain, black stool, or persistent bleeding after the endoscopy (on the same day), please go to the emergency room.



When can I return to my usual work routine?

You should be able to return to work and re-involve in all of your usual activities on the next day of your appointment.

لأن الوعي وقاية ..

إدارة التثقيف الصحي

Gastroenterology & Hepatology Department
Endoscopy Unit

HEM1.22.0001442

