

# GUIDE

## COLONOSCOPY

**Appointment:**

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Campus: \_\_\_\_\_



The Ottawa | L'Hôpital  
Hospital | d'Ottawa

*This booklet contains general information which cannot be construed as specific advice to an individual patient. All statements in the booklet must be interpreted by your personal physician/therapist who has the knowledge of the stage and/or extent of your particular medical condition.*

*This booklet was prepared in joint collaboration with the GI/Endoscopy Unit staff and physicians.*

*The Ottawa Hospital is a teaching hospital. Residents, fellows and medical students may be involved with your attending physician to discuss your care and treatment.*

e.g.: Pantium 20 mg twice a day

[illegible]

Name: \_\_\_\_\_ Tel.: \_\_\_\_\_

## ***What You should Do***

- **Bring this pamphlet with you on day of appointment.**
- Tell your physician if:
  - You are allergic to any drugs or food
  - You take medications
  - You have heart or lung problems
  - You are diabetic
  - You are pregnant or breastfeeding
  - You have glaucoma
  - You are on blood thinners
- Follow the bowel preparation carefully: the colon must be completely empty of waste material for a good examination.
- You can drink clear liquid up to 4 hours prior to the procedure.
- You are allowed to take bedtime medications. If taking early morning medications or diabetic, check with your physician.
- Bring a list of your medications with you.
- For safety purposes, remove jewellery and body piercings.
- Do not bring valuables (money, jewellery, body piercings, etc.). The Ottawa Hospital does not assume any responsibility for lost or stolen articles.
- Remove nail polish and do not wear perfume.
- Bring your glasses, hearing aid or other prosthetic

device.

- Bring your Ottawa Hospital card if you have one and your Health card (OHIP, Quebec) and come directly to the Endoscopy Unit.
- A family member or friend **must** be available to take you home after your procedure. You must make arrangements **before** you come to the Hospital. Your procedure may be cancelled if you do not have a responsible person to **accompany** you home or you may choose to undergo the procedure without receiving sedation.
- Please bring the telephone number of the person who will take you home when you come to the hospital. We will contact that person when you are ready to leave.
- If you live alone, it is recommended that someone stays with you overnight.
- Arrive 60 minutes before if your appointment is at the Riverside Campus and 30 minutes before if at other campuses.

## ***Colonoscopy***

The colonoscopy is a visual examination of the inner surface of the colon by means of a long flexible tube (a colonoscope) inserted through the anus and rectum and moved through the entire colon.

## ***Why This Test?***

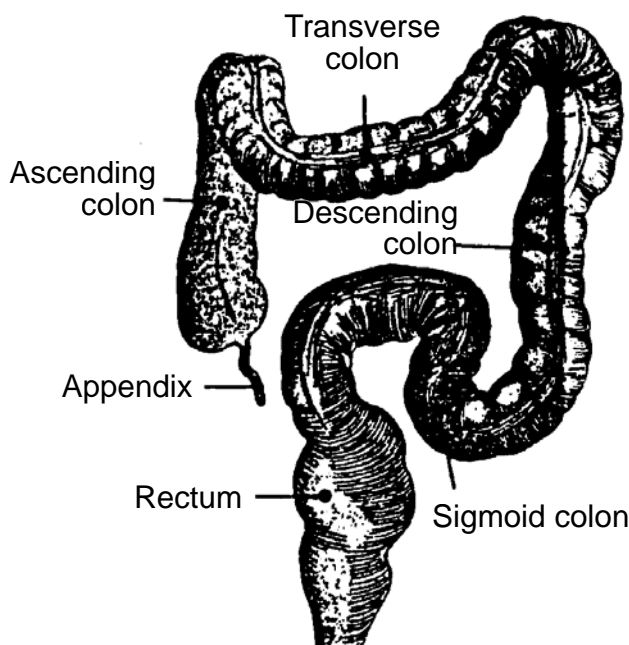
The colonoscopy can give the physician information that x-rays and other tests do not.

It will help the physician to determine the nature of your problems.

It will also allow the physician to take a small piece of tissue (biopsy) if necessary. Moreover, polyps (a growth of tissue which projects upward from the natural surface and vary in size from a tiny dot to a few inches) which are not uncommon can be removed (polypectomy) during the colonoscopy.

## ***How the Colonoscope Works***

The colonoscope is an instrument (or tube) that transmits light and images electronically from a computer chip on the tip of the instrument, back to the viewer. Therapeutic and diagnostic procedures can also be performed by inserting other instruments through a hollow section of the instrument.



## ***Before the Procedure***

You will be asked to undress and put on a hospital gown. The nurse will take your blood pressure and pulse. She will also ask you questions pertinent to your medical history and she will start an intravenous in your arm.

## ***What Should You Expect During the Procedure***

- You will be accompanied to the procedure room either by walking or via stretcher, where the physician will do your examination. A nurse will be with you during your procedure.
- You will receive medications in the intravenous to relax you.
- The colonoscope will be inserted into the rectum and gradually advanced through the colon while the lining will be examined thoroughly. You may feel some pressure and cramping as the colonoscope is introduced further. This discomfort is in part due to the air the physician has to put in to facilitate the inspection of the colon.

## ***What Happens After the Procedure***

- You may feel bloated right after the procedure, and letting the air out will bring relief from the cramps and the bloating. A small tube may be inserted temporarily in rectum to relieve the bloating.

- You will return to the recovery area where the nurse and/or physician will tell you when you can leave.
- You will stay a minimum of 45 minutes.
- You will be offered fluids.
- The results of your colonoscopy will be discussed with you by the physician or you may receive a written note.

## ***On Leaving the Hospital***

- You must not drive a motor vehicle, operate hazardous equipment, or make any legal decisions for 24 hours. It is against the law (Criminal Code) to drive a motorized vehicle under the influence of sedative drugs.
- You are advised not to consume alcohol for 24 hours following your procedure.
- You must be accompanied by a responsible adult, even if you are travelling by taxi. **It is unsafe for you to travel by bus.**
- Follow the instructions given by your nurse and physician.

# Directions

## Civic Campus

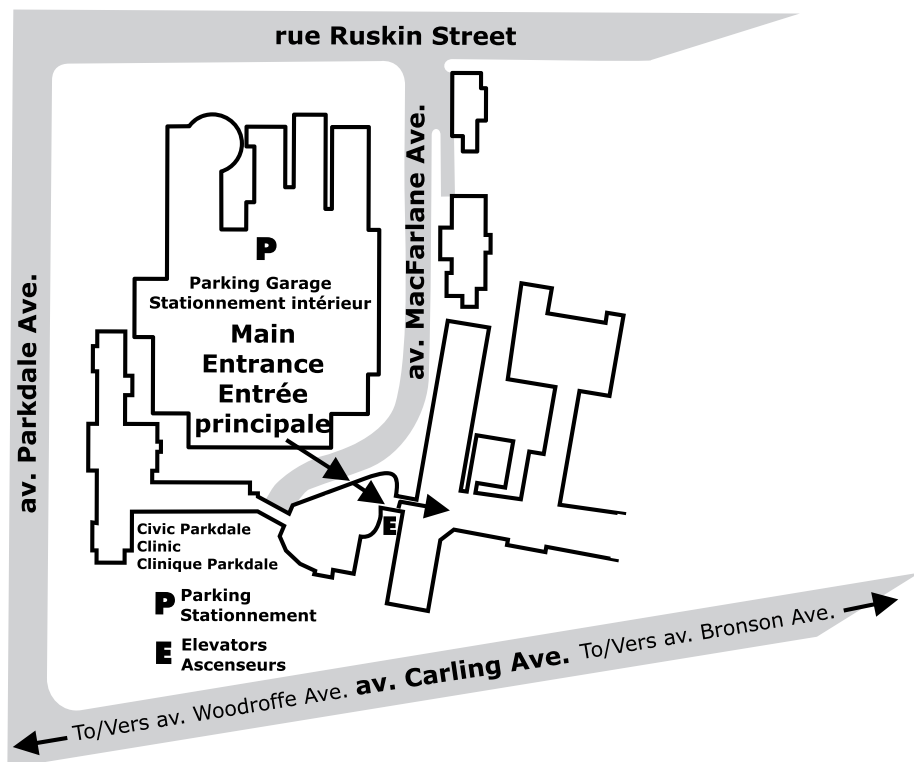
- Enter through main entrance and turn left.
- Take elevator to 1st Floor.
- Turn right out of elevator.
- Walk to A1 sign and turn left.
- Proceed to end of hall, Endoscopy Unit.

## Civic Campus

1053 Carling Ave.

Ottawa, Ontario

K1H 7W9

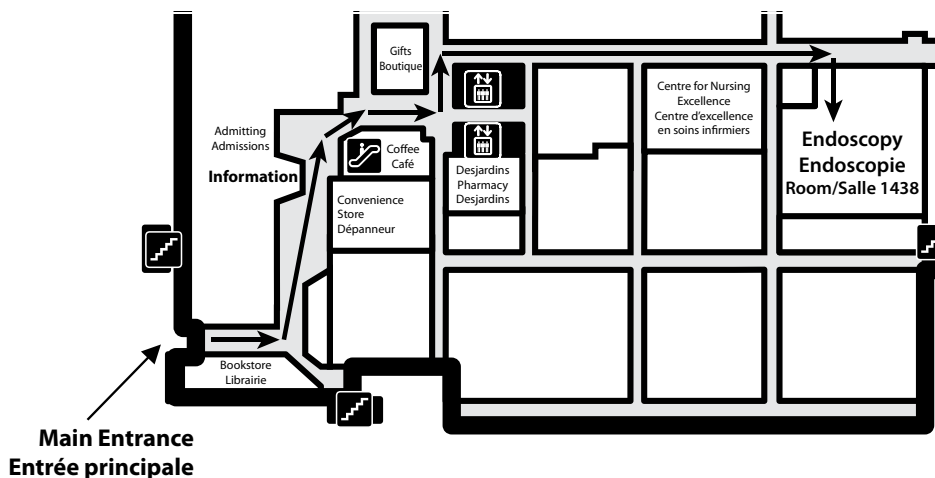


## General Campus

- Come in by main entrance.
- Turn left.
- Pass the Coffee Shop.
- Turn left.
- Turn right in the first hallway.
- Follow hallway down to Endoscopy, Room M1438.

## General Campus

501 Smyth Rd.  
Ottawa, Ontario  
K1H 8L6



## Riverside Campus

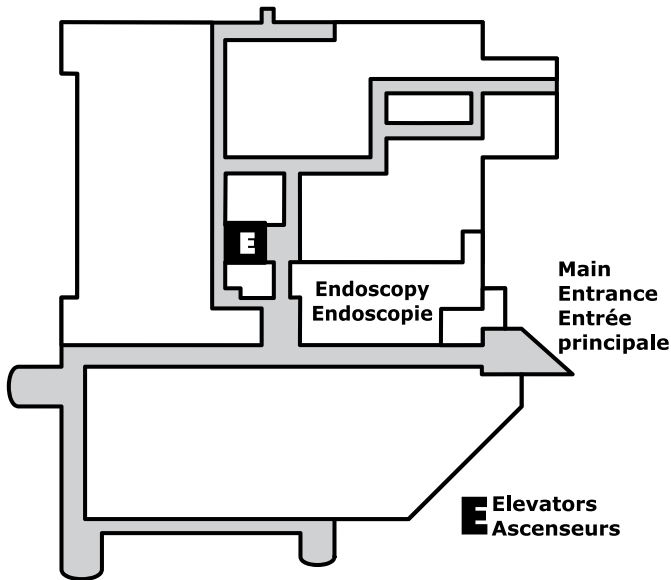
- Take main entrance straight down the hall, turn right towards elevators.
- Endoscopy is first door on the right before the elevators.

## Riverside Campus

1967 Riverside Dr.

Ottawa, Ontario

K1H 7W9



**Main Floor** **Rez-de-chaussée**  
(Level 2) (Niveau 2)