

## General Surgery – Colonoscopy

### Introduction

A colonoscopy is a test to check inside your bowels. This test can help find what's causing your bowel symptoms. A long, thin, flexible tube with a small camera inside it is passed into your bottom. You'll be given a laxative so your bowels are empty for the test.

The Covid pandemic has had a significant impact on the NHS ability to provide routine elective services. We recognise that patients are waiting longer than we would all like and it is not always possible to identify when treatment will take place. This document provides you with information on how you can support yourself while waiting to attend the hospital.

### Guidance for Patients

#### 2 days before

For 2 days before a colonoscopy, you should only eat plain foods like:

- plain chicken not in a sauce
- white rice, pasta or bread
- clear soup

Your letter should tell you what you can eat and drink.

#### 1 day before

The day before your colonoscopy you'll need to drink sachets of laxatives to empty your bowels ready for the test.

Most people:

- need to drink a few sachets
- need to drink the sachets at different points throughout the day
- get diarrhoea a few hours after taking the first sachet

Stay at home and be near a toilet after you've starting drinking the laxatives.

### What should I do if my health is deteriorating?

#### Urgent Health Advice

For urgent health advice about physical or mental health, when it's not an emergency, please call 111 from any landline or mobile phone. You can also visit [www.nhs.uk](http://www.nhs.uk). The NHS 111 service is available 24 hours a day, seven days a week.

#### Life Threatening Emergencies

For something life threatening –severe bleeding, breathing difficulties or chest pains –please dial 999.

#### GP surgeries are still open

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The contents of this information have been reviewed and approved by the Royal Wolverhampton NHS Trust

## My Planned Care Patient Information Platform

GP practice staff are also helping patients to manage their conditions at home while they wait for hospital appointments. GP surgeries are still open and are working differently to how they did before the COVID-19 pandemic and GP practices continue to make best use of telephone, online and video consultations. Face-to-face appointments are still being given to those who need it. When you phone or use an online form to contact your GP surgery to make an appointment, you will be asked some questions which are designed to help staff guide you to the most appropriate clinical person to help you with your condition. This could be a nurse, clinical pharmacist, physician's associate, GP or paramedic.

## Contact Us

01902 307 999