

Coloscopy

Introduction

You will be given a coloscopy soon. This is an internal examination of the colon. This brochure contains important information about this examination and how you can prepare for it.

Important

- You may no longer eat everything starting three days before the examination. More information about this dietary advice can be found on page 2.
- If you use blood thinners, it is important to carefully study the information on page 6 and consult with your physician.
- You need to take laxatives before this examination. Page 5 tells you how to do this. With respect to the laxatives, use the diagram in this brochure and not the preparation schedule in the Moviprep® package insert.
- You may receive some light sedation during this examination. Your physician will discuss this with you.
- Are you getting a light sedative? You may not go home without assistance. Your helper can wait in the waiting room, but cannot enter the department or be present during the examination.
- Ill or unable to attend? Inform us as soon as possible on phone number +3188 75 573 66.
- Talk to your physician if you:
 - are allergic to certain medicines.
 - are or may be pregnant.
 - suffer from a cardiac and/or pulmonary condition.

Questions?

If you have any questions following this brochure, please call us on telephone number: +3188 75 573 66. We are available on business days between 08:00 and 17:00.

Goal of the examination

In this examination, the physician will assess the lining of the colon and possibly the last part of the ileum. If necessary, the physician can remove small bits of tissue (biopsy) for microscopic examination. The physician can also carry out a treatment, such as removing a polyp.

Duration of the examination

The examination takes approximately 30 to 45 minutes.

Preparation

Your colon must be clean for a colonoscopy. This means that the colon does not contain any food or faeces. The physician can then have a good look at the lining of the colon and detect any abnormalities.

If your colon is not clean (enough) on the day of the examination, the colonoscopy cannot take place.

This is why it is important to follow the instructions below carefully in order to be prepared.

Dietary advice

Three days before the examination

Start with a low-fibre diet. This means that you cannot eat products that contain seeds, such as tomatoes, kiwis and wholemeal bread.

One day before the examination

You stick to the low-fibre diet on the day before the examination.

You can also not use any milk products.

- **In the morning** a breakfast without milk products or seeds.
What is allowed: white bread, honey, jam without seeds, lean meat products such as roast beef, ham and smoked meat, and a boiled egg.
- **In the morning** lunch without milk products or seeds.

What is allowed: white bread, honey, jam without seeds, lean meat products, and a boiled egg.

- **Early in the evening, until 18:30:** a bowl of soup with meat and/or vermicelli (no vegetables) and white bread (amount of your choice).

Allowed toppings: honey, syrup, jam without seeds, lean meat products, and a boiled egg.

What is not allowed: fruit, vegetables, brown bread, cereal and milk products.

You cannot eat anything **after 18:30!** You will start purging then.

The morning of the examination

You may drink clear beverages without alcohol up to 2 hours before the examination. Clear beverages are beverages you can see through. Coffee is allowed, but without milk or cream.

Daily schedule: the day of your colonoscopy

DURING THE DAY	EAT	DRINK
<p>MORNING</p> 	<p>Don't eat!</p> 	<ul style="list-style-type: none"> • 5 hours before the examination: start 2nd part of the preparation • Drink 0,5 litres of clear liquid 
<p>AFTERNOON</p> 	<p>After the examination: eat normally</p>	
<p>EVENING</p> 	<p>After the examination: eat normally</p>	<p>Done! No more restrictions</p>

Daily schedule: the day before your colonoscopy

DURING THE DAY	EAT	DRINK
<p>MORNING</p> 	<p>Low-fibre breakfast</p>	<p>Drink at least 4 large cups of clear liquid</p> 
<p>AFTERNOON</p> 	<p>Vezelarm dieet bij lunch</p>	<p>Drink at least 4 large cups of clear liquid</p> 
<p>EVENING</p> 	<ul style="list-style-type: none"> • Low-fibre dinner • No more food after 18.30 • Start with preparation 	<p>Drink at least 4 large cups of clear liquid</p> 

Laxatives

Note: With respect to the laxatives, use the diagram in this brochure and not the preparation schedule in the Moviprep® package insert. To clean your colon, start with purging on the evening before the examination. You will be given Moviprep®, a laxative. One Moviprep® set consists of two sets in plastic foil. Each set contains 2 sachets: one large sachet A and a small sachet B. You need all four sachets to clean your intestines.

You purge on the day before the examination and on the day of the examination

How do you use Moviprep®?

1. Open the Moviprep® packaging and open 1 set with sachet A and sachet B.
2. Empty BOTH sachet A and B in a 1 litre measuring cup. Pour water in the cup until the 1 litre mark.
3. Stir the solution until the powder has completely dissolved. This can take up to 5 minutes.
4. Pour the solution in a glass.
5. Drink the liquid within 1 to 2 hours. Drink a glass every 10 to 15 minutes until the cup is empty, for example.
6. For each litre of Moviprep®, drink at least 1 litre of clear liquid such as water, clear soup, fruit juice without pulp, soft drinks, tea or coffee without milk.

When do you take Moviprep®?

It is important to stick to the proposed times.

On the day before the examination:

- Between 18:30 and 20:30: 1 litre of Moviprep® + 1 litre of clear liquid
- From 20:30: rest period You cannot eat anything or take Moviprep®. You may drink clear beverages until two hours before the examination.

On the day of the examination:

- 5 hours before the scheduled time of the colonoscopy: 1 litre of Moviprep® + 1 litre of clear liquid. Drink everything within 1 to 2 hours.
- If the colonoscopy is scheduled in the morning, you must start taking Moviprep® in the second half of the night.

You will notice the laxative effect after some time. Over time, only yellow liquid will be expelled from the intestines.

Tips for taking Moviprep®

- Drink it chilled for a better taste, but not too cold.
- Drink it with a straw so that the liquid ends up further in the mouth.
- Add some lemon juice or lemonade for taste.
- Use chewing gum in between drinks.

Medication

It is important to discuss your medication and the use thereof with your physician.

Blood thinners

Are you using blood thinners? In some cases, you must temporarily stop using blood thinners before the colonoscopy.

Always discuss this with the physician who has requested colonoscopy.

Are you registered with the thrombosis services because you take **Sintrom®** (acenocoumarol) or **Marcoumar®** (fenprocoumon)? You may not take these medications starting four days before the examination. Discuss this with your physician.

You may temporarily need a different blood thinner.

Do you use **Ascal®** (carbasalate calcium) together with **Plavix®** (clopidogrel)? You must stop using **Plavix®** (clopidogrel) one week before the examination and continue using **Ascal®** (carbasalate calcium).

Do you only use **Ascal®** (carbasalate calcium), **Plavix®** (clopidogrel) or **Persantin®** (dipyridamol)? You may keep using it before the examination.

Do you use blood thinners such as **Dabigatran®** (Pradaxa), **Rivaroxaban®** (Xarelto) and **Apixaban®** (Eliquis)? Consult with your physician if and when you must stop using these medications.

Iron tablets

Iron tablets cause black deposits on the inside of the colon. Due to this, the physician cannot properly examine the colon lining. You must stop taking iron tablets 14 days before the colonoscopy. After the colonoscopy, you can start using iron tablets again, unless agreed otherwise with the physician.

Diabetes medication

Are you suffering from diabetes mellitus and do you use insulin? Adjust the morning dose of insulin on the day of the colonoscopy in consultation with your physician.

If you use tablets, you may take a normal dose on the day before the examination.

On the day of the examination:

- Do not take medication before the examination.
- When you take one dose per day, start with your next meal after the examination.
- If you use the medication two, three or four times per day:
- Resume with the normal dose at the next meal.

Oral contraception

If you use oral contraception ('the pill'), it will be unreliable for the rest of the cycle.

Other medication

If you take other strictly necessary medication, take them at least 1 hour before using **Moviprep®** or at least 1 hour after you have drunk **Moviprep®**. Your body will not absorb the medication otherwise.

Sedative

We recommend using sedation during the colonoscopy. This is also called a sedative or soporific. We often give analgesics. A sedative is not a general anaesthetic. It makes you sleepy during the examination. The combination of the analgesic and the sedative reduces the pain and any anxiety.

The sedative and the analgesic will be administered through a needle in your arm. If you have previous bad experiences with placing an IV, please inform us beforehand.

No sedative

You may also reject the sedative during the examination. Discuss your preferences with the physician who requests the colonoscopy in advance. You cannot request a sedative on the day of the examination.

During the examination

The nurse will pick you up from the waiting room and bring you to the preparation room. We will discuss your details here. You take off your trousers and pants, after which you will lie on a bed underneath a blanket. We will place your clothing in a locker. If you are given a light sedative, we will insert an IV needle.

An endoscopic nurse will pick you up and bring you to the examination room. The physician will ask you a number of questions, also called a 'time-out'.

If you are given a sedative, we will measure your blood pressure, heart rate and oxygen level.

Inserting the endoscope

You lie on your left side on the examination table with your knees pulled towards your chest. The physician will carefully insert the coloscope (a thin, flexible hose) into the rectum. The physician will then gradually slide the instrument into the colon.

Air

During the examination, air (carbon dioxide) is blown into the colon to expand it and give us a good look at it. This may be annoying. It can also cause intestinal cramps. You may also need to expel gas. This is normal and nothing to be ashamed about. Usually, the pain will subside as a result. Don't try to keep the gas in, as you will experience more painful abdominal cramps.

If there is still liquid present in the intestines, it may be removed during the examination.

Examining the colon

The physician will insert the coloscope up to the ileum. The coloscope will then be gradually withdrawn. During this phase, the physician will carefully examine the colon lining. If the physician considers it necessary, a bit of tissue (a biopsy) or a polyp may be removed for further examination. This is not painful.

After the examination

After the examination, the nurse will bring you back to the recovery room. If you have been given a sedative, you must sleep here for up to half an hour.

You may eat and drink again when you have fully woken up.

We will call your helper after the examination about the time you may be picked up. You may not leave the department without guidance.

If you have not been given a sedative, you may leave the department once you have received all papers. You will be given a dismissal letter. This will specify what has been seen/done during the examination and what you must do in case of complications.

Driving and guidance after a sedative

You may not drive a vehicle (car, motorbike, scooter, bike) for the rest of the day if you have been given a sedative. You need to bring a family member or acquaintance if you take a cab or use public transport. When there is no-one to guide you home, you cannot receive a sedative.

In that case, we recommend discussing a solution with the physician who has requested the examination.

Possible complications

A colonoscopy is a safe examination.

However, there may be complications:

- You may experience abdominal pain in the days following the colonoscopy. This is the case in 25% of the patients. The abdominal pain will decrease and disappear after a few days. Contact us if you also have a fever or if the abdominal pain is very severe.
- If biopsies or polyps have been taken or removed, you may discharge a bit of blood through your anus. This is not serious, unless the bleeding intensifies. Contact us if that is the case. Bleeding can occur immediately during the examination but also up to 14 days afterwards.
- In rare cases the intestinal lining can be perforated. The chance increases in the intestinal lining is severely inflamed, if there are a lot of diverticula, or a polyp has been removed.
- The sedative may in rare cases result in respiratory problems or cardiac impairment.

In you experience severe abdominal pain, fever and excessive bleeding, you should contact us. You can call the endoscopy department on +3188 75 573 66 on business days between 08:00 and 17:00. Outside of these hours, you can call the MDL nursing department on +3188 75 562 22.

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