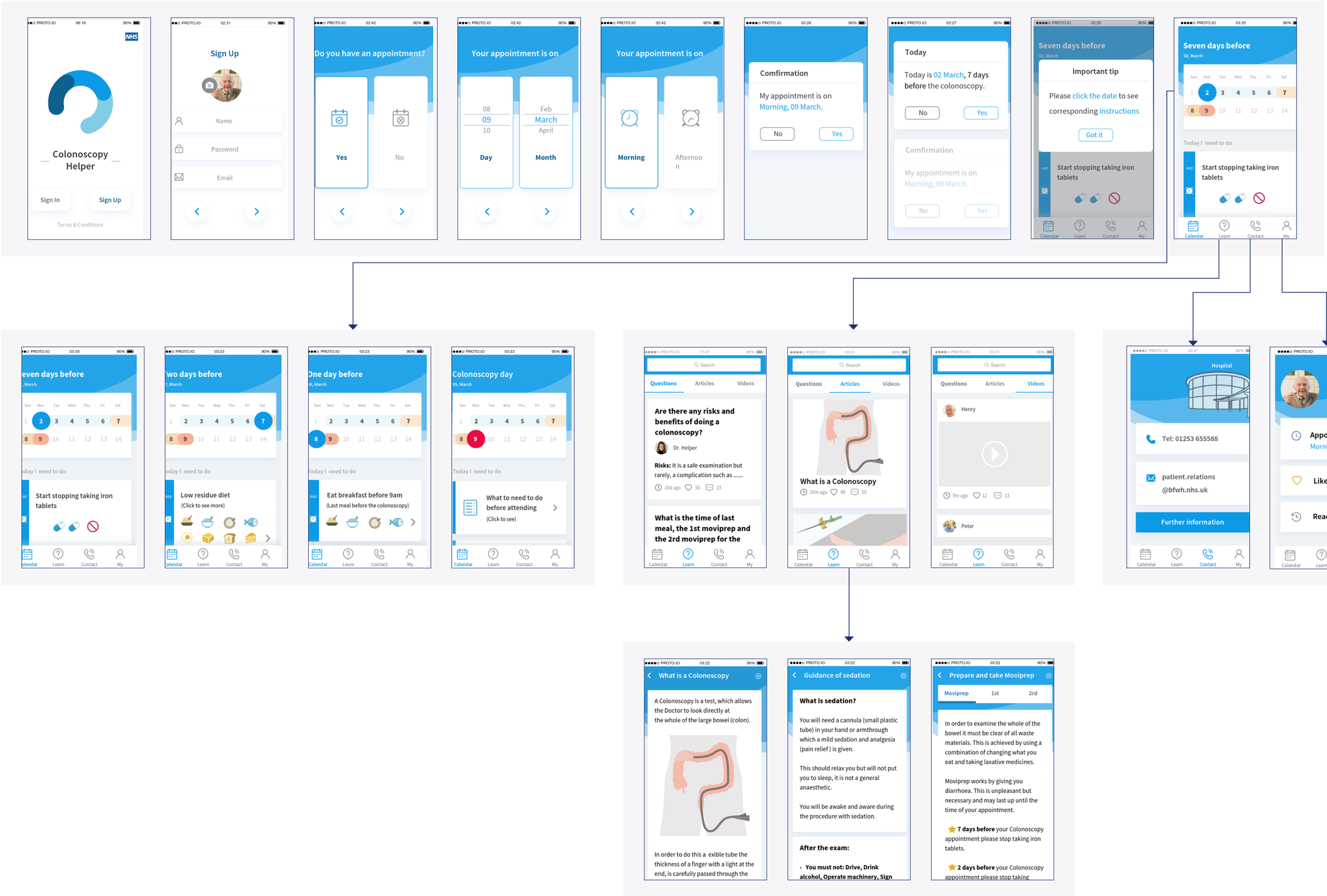
Colonoscopy Helper
Sign In
Sign Up
Terms & Conditions
Sign Up
Name
Password
Email
Do you have an appointment?
Yes
No
Your appointment is on
Day
Month
Morning
Afternoon
Confirmation
My appointment is on Morning, 09 March.
No
Yes
Today
Today is 02 March, 7 days before the colonoscopy.
Seven days before
Important tip
Please click the date to see corresponding instructions
Got it
Start stopping taking iron tablets
Today I need to do
Calendar
Learn
Contact
My
Start stopping taking iron tablets
Low residue diet
(Click to see more)
Eat breakfast before 9am
(Last meal before the colonoscopy)
Colonoscopy day
What to need to do before attending
(Click to see)
Questions
Articles
Videos
Are there any risks and benefits of doing a colonoscopy?
Dr. Helper
Risks: It is a safe examination but rarely, a complication such as .....
What is the time of last meal, the 1st moviprep and the 2rd moviprep for the
What is a Colonoscopy
Henry
Peter
Hospital
Tel: 01253 655588
patient.relations @bfwh.nhs.uk
Further information
Hello Chris
Appointment
Morning, 09 March
Likes
Reading history
What is a Colonoscopy
A Colonoscopy is a test, which allows the Doctor to look directly at the whole of the large bowel (colon).
In order to do this a exible tube the thickness of a finger with a light at the end, is carefully passed through the
Guidance of sedation
What is sedation?
You will need a cannula (small plastic tube) in your hand or armthrough which a mild sedation and analgesia (pain relief) is given.
This should relax you but will not put you to sleep, it is not a general anaesthetic.
You will be awake and aware during the procedure with sedation.
After the exam:
You must not: Drive, Drink alcohol, Operate machinery, Sign
Prepare and take Moviprep
Moviprep
1st
2rd
In order to examine the whole of the bowel it must be clear of all waste materials. This is achieved by using a combination of changing what you eat and taking laxative medicines.
Moviprep works by giving you diarrhoea. This is unpleasant but necessary and may last up until the time of your appointment.
7 days before your Colonoscopy appointment please stop taking iron tablets.
2 days before your Colonoscopy appointment please stop taking

PROTO.IO 01:37 90%

Seven days before

02, March

Sun Mon Tue Wed Thu Fri Sat

1 2 3 4 5 6 7

8 9 10 11 12 13 14

Today I need to do

Add

Start stopping taking iron tablets

Mission Clear

Calendar Learn Contact My

PROTO.IO 01:40 90%

Two days before

07, March

Sun Mon Tue Wed Thu Fri Sat

1 2 3 4 5 6 7

8 9 10 11 12 13 14

Today I need to do

Add

Low residue diet

(Click to see more)

Add

Stop taking medication that may constipate you:

- Codeine
- Lomotil
- Kaolin & Morphine
- Imodium

Mission Clear

Calendar Learn Contact My

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One day before

08, March

Sun Mon Tue Wed Thu Fri Sat

1 2 3 4 5 6 7

8 9 10 11 12 13 14

Today I need to do

Add

Eat breakfast before 9am

(Last meal before the colonoscopy)

Add

9am start clear liquid diet

(no solid food before the colonoscopy)

- Clear soup
- Oxo
- Bovril
- Soft drinks (not red colored)
- Black tea (no milk)
- coffee (no milk)
- no alcohol

(may drink as much as you like)
(may add sugar)

Add

Tips for having the Moviprep

- Easy access to your **toilet** ;
- Use a barrier cream to prevent a 'sore bottom';
- If you are taking other medication, please take it at least one hour before or at least one hour after taking Moviprep.

Add

5pm start the 1st Moviprep

(Click to see how to prepare and have Moviprep)

2 sachets + water = 1L liquid

250 mls every 15 - 30 minutes

Add

After the 1st Moviprep

Drink an additional **500 mls** of water or clear fluids. This will prevent you from becoming dehydrated.

500 mls additional fluids

Add

9pm start the 2st Moviprep

Add

9pm start the 2st Moviprep

The same as the 1st one

(Click to see how to prepare and have Moviprep)

Add

After the 2st Moviprep

Drink an additional **500 mls** of water or clear fluids as well.

Add

Stop drinking 6 hours before your appointment

The bowel movements will stop soon after you have finished drinking. Allow 2 hours for the second litre of Moviprep to work.

Mission Clear

Calendar Learn Contact My

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Colonoscopy day

09, March

Sun Mon Tue Wed Thu Fri Sat

1 2 3 4 5 6 7

8 9 10 11 12 13 14

Today I need to do

What to need to do before attending

(Click to see)

What to expect

(Click to see)

Got it !

Calendar Learn Contact My

PROTO.IO 03:51 90%

Search

Suggested food | Avoided food

- Butter or Margarine
- Boiled eggs or Poached eggs
- Cream cheese, Cottage cheese or Cheese sause
- Crisped rice cereal or Cornflakes (no bran)
- Boiled potatoes
  Creamed potatoes
  Mashed potatoes
  Baked potatoes(no skins)
- Plain boiled white rice
- Mince or well cooked tender fish
- White bread
  White toast
- Plain macaroni
  Plain spaghetti
  Plain noodles
- Clear Jelly (not red jelly)

PROTO.IO 03:57 90%

Search

Suggested food | Avoided food

- Red meat
- Sausage
- Pies
- Any fruit or salads
- Most vegetables
- Potato skins
- Chips
- Wholemeal or brown bread
- Nuts
- Pulses
- Baked beans
- Wholemeal pasta
- Brown rice
- Puddings containing fruit and nuts
- Cakes
- Biscuits
- Yoghurts

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Before attending

- It is important to inform the department if you are unable to attend your Colonoscopy appointment on Telephone 01253 306078. (Your appointment can be given to another person if you do not require it.) ☐
- Please bring a list of your medication with you on the day. ☐
- Leave valuables and jewellery at home where possible, we cannot look after these for you. ☐
- Take any medication you are on up to 2 hours before your appointment with water. ☐
- You must have nothing (except medication) to drink for the 6 hours before your appointment. Please do not eat any solid food until after your examination. ☐

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What to expect

1. Before the Colonoscopy the nursing staff will admit you to the unit and fully explain the tests to you whilst answering any questions or concerns you may have.
2. You will be asked to change into a hospital gown.
3. You will need to sign a consent form for the Colonoscopy.
4. You will then be taken to another area where you will wait to be called into the room for your procedures. Please note we usually have 4 different lists running consecutively this may mean some people will have to wait longer than others, even with the same appointment time.
5. In the endoscopy room you will have the procedure whilst lying on your left side on a trolley.
6. Entonox (gas and air) or mild sedation is available to relieve any pain or discomfort during the Colonoscopy.
7. A Colonoscopy lasts between 10-60 minutes depending on the position of your colon and the procedures that need to be done (for example removal of polyps will take longer).
8. You may experience some bloating following the tests but this will soon settle.
9. After the Colonoscopy, you will have a rest for about half an hour and will then be offered a drink and biscuits.
10. After about an hour you will be discharged with your results (barring any biopsy results).
11. If you have had Entonox (gas and air) you will be able to drive after 30minutes.
12. If you have had sedation, because of the effects of the sedation, you will need a responsible adult to accompany you from the unit, you must not drive, drink alcohol, operate machinery, sign legal documents. You will also need to have someone at home overnight after having sedation.
13. If you have had biopsies taken or a polyp removed it is normal to pass small spots of blood from your bottom for a day or two.