
AFTER THE TEST

- ◆ You will stay in a recovery room for observation until you are ready for discharge.
- ◆ You may feel some cramping or a sensation of having gas.
- ◆ You can return to a normal diet and normal activities after your procedure **unless** instructed otherwise.
- ◆ The physician will speak with you after the procedure.
- ◆ If you have any of the following, you should go the nearest emergency department or call the Healthline at 1-888-709-2929.
 - ◇ Severe pain
 - ◇ Rectal bleeding
 - ◇ Fever
 - ◇ Vomiting
 - ◇ Shortness of breath

ENDOSCOPY UNIT

UNIT HOURS

8:00 a.m. to 4:00 p.m.

Monday to Friday

TELEPHONE NUMBERS

CNRHC: 709-292-2218

JPMRHC: 709-256-5965

**Please remember this is a
scent-free environment.**

**Do not use scented products
before coming to your
appointment.**

**NL Health Services is proud to
create a healthier environment.**

*Thank you for helping to improve
the health of our community by
not smoking anywhere on our
properties.*



**NL Health
Services**

COLONOSCOPY

Lower endoscopy



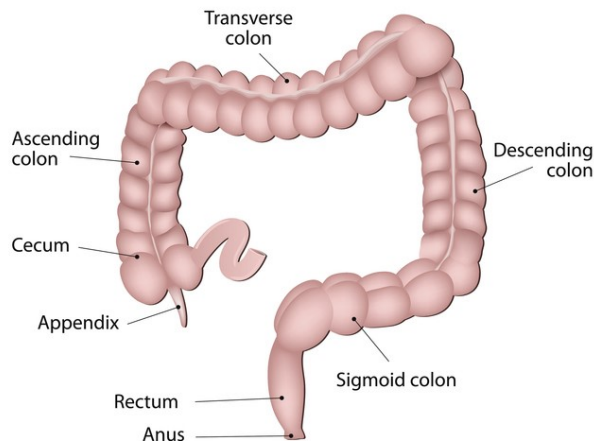
Patient information

Endoscopy Services

WHAT IS A COLONOSCOPY?

Colonoscopy is a test that looks inside your colon (large intestine/bowel). A long flexible tube is inserted through the rectum and moved through the entire colon. During this test the doctor will be able to examine each part of the colon and look for any problems such as polyps (abnormal growths of tissue), inflammation (Colitis) and/or cancer. A biopsy or removal of polyps may be done during the test.

ANATOMY OF THE LARGE INTESTINE



BEFORE THE TEST

- ♦ The test will be done in the endoscopy unit and your stay in the unit could be several hours.
- ♦ You will be sedated prior to the examination so you will **not** be permitted to drive a motor vehicle or operate machinery for 24 hours after the procedure.
- ♦ To have the best possible examination, your bowel must be cleaned out before the test. **Please follow the bowel preparation insert provided.**
- ♦ Do not eat food containing seeds e.g., fruit, jam, cereal for one (1) week before the test.
- ♦ Be sure to have a bath or shower the morning of the test and wear comfortable clothing.
- ♦ If you are having a menstrual period, you may wear a tampon.

MEDICATION INFORMATION

- ♦ If you are taking blood thinners you **must** check with your family doctor two (2) weeks in advance of the procedure to find out what to do.

- ♦ It is ok to continue medication such as low-dose aspirin, ibuprofen, Motrin, Advil, and antacids.
- ♦ If you have diabetes check with your family doctor or nurse practitioner two (2) weeks before your scheduled procedure to learn what to do with your diet, diabetes pills or insulin.
- ♦ It is okay to take any other medications unless instructed otherwise by your family doctor.

ABOUT THE TEST

- ♦ You may be asked to wear a hospital gown.
- ♦ The doctor will explain the procedure to you in more detail and you will be asked to sign a consent form. Parental consent is needed if you are under 19 years of age.
- ♦ A needle for intravenous medication will be placed in your hand or arm.
- ♦ Once you are sedated, the doctor will first do a rectal examination, then the colonoscopy will be done.