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# DAY PROCEDURE: COLONOSCOPY

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Colonoscopy is a procedure where a gastroenterologist inspects the lining of the large bowel. This is achieved by using a long flexible tube that has a light and a video camera at the tip, known as a colonoscope. The images are transmitted on a monitor.

The colonoscope is inserted into the bottom (anus) and then slowly advanced along the large bowel. The lining is visually examined and small samples (biopsies) are taken for further tests.

## PREPARING FOR A COLONOSCOPY

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- Before having a colonoscopy, the bowel needs to be completely empty. To make sure this happens, it's extremely important your child needs to follow the instructions attached.
- You will be informed (by the anesthetist) when to stop eating and drinking, or stop taking usual medicine depending on the time of day your procedure has been scheduled.
- Most medicines can be taken as usual, however if you are unsure please speak to your child's doctor/anesthetist.
- A colonoscopy is performed under a general anesthesia, so your child will be asleep during the whole procedure. For details of the anesthetic please read the attached brochure.
- The procedure usually takes about 45-60 minutes.

## WHAT ARE THE RISKS OR SIDE EFFECTS?

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Although complications can occur after a colonoscopy, they are rare when performed by doctors who are specially trained in colonoscopy.

- A small amount of blood might be seen in your child's bowel actions (poo) after colonoscopy. However, very rarely there may be larger volumes of blood that require urgent medical attention.
- In very rare situations, lining of the large bowel could be torn and this may require surgery to repair it.
- Reactions to sedatives are also possible, but again are very rare.
- In very few cases, if the colonoscopy could not be successfully completed it may be necessary to repeat the procedure.

You may administer some pain relief such as paracetamol every 4-6 hours for 1-2 days if needed. Read the bottle for the correct dosage for your child. Ask someone if you need help.

Do not give any medicine with paracetamol in it more than 4 times in 24 hours.

## WHEN DO I SEEK HELP?

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If your child has the following symptoms in the hours or days after the colonoscopy you should contact the rooms or proceed to the closest emergency department.

- Vomiting (more than 2-3 times)
- Vomit containing more than 2-3mLs (half a teaspoon) of bright red blood
- Bowel actions with more than usual red blood in it
- Fever (temperature above 38°C)
- Increasing throat, chest or abdominal pain
- Severe abdominal bloating
- Difficulty swallowing
- Any other symptoms that cause concern

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## WHO CAN I CONTACT IF I HAVE ANY QUESTIONS?

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Please contact the rooms on 6162 1615 during weekdays from 8am - 5pm.

**After-hours please proceed to the closest emergency department or your family doctor. In an emergency, contact the ambulance service by calling triple zero (000).**

## BOWEL PREPARATION FOR CHILDREN UNDERGOING COLONOSCOPY

Please note: Careful preparation of the large bowel is necessary for safe and successful colonoscopy. If the bowel is not clear the examination may have to be repeated, so please follow the instructions carefully.

**If you are unable to follow this plan, please contact your doctor prior to the procedure date.**

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## 3 DAYS PRIOR TO TEST

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Your child needs to start a low fiber diet:

### Not Allowed

Brown bread  
Breakfast cereals  
Bran  
Nuts  
Fruit and natural fruit juices  
Vegetables  
Pasta  
Milk or milk products  
Yoghurts  
Chocolate  
Toffees  
Jam or marmalade without pips, seeds or peel  
Most biscuits  
Cake  
Pies  
Pastry  
Pickles  
Curries  
Fried food

### Allowed

White bread  
Thin smear of butter or margarine  
Mashed or boiled potatoes without skins  
White rice  
Soft drinks  
Coffee mate  
Boiled sweets  
Jelly  
Small amounts of cheese  
Meringues  
Rich tea biscuits  
Plain sponge cake  
Golden Syrup, honey  
Sugar  
Consommé  
Oxo, Bovril or Marmite  
Chicken  
Fish  
Eggs (boiled or poached)

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## PREPARATION THE DAY BEFORE THE COLONOSCOPY

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Your child should have a clear fluid diet only during the 24hrs before the procedure. **No solid food is allowed.** A clear fluid diet includes water, fizzy drinks, cordial (lemon or orange only), clear soups, jellies, lollipops and boiled sweets. Your child can have as much as they like, the more clear fluids they drink the better. Clear fluids with red or green coloring cannot be taken. **A clear fluid diet does not include milk or milk based diet.**

**Note:** *From this time, your child should not be given anything but clear fluids until after their colonoscopy.*

## TO CLEAR THE BOWEL (LAXATIVE)

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You will need to purchase the PICOPREP or PICOSALAX from your local pharmacy.

Two doses of laxatives (PICOPREP) should be taken on the **previous day before** the procedure. If the procedure is in **morning** then take the first dose at 9.00am and the second dose at 2.00pm. If the procedure is in the **afternoon** then take the first dose at 2 PM and the second dose at 6 PM on the previous day **BEFORE** the procedure.

**Mix one sachet of PICOPREP in 250mL of water and then chill before taking at the following doses (based on age group):**

Age of the child	Dose
1-2 years	65mL per dose
2-4 years	125mL per dose
4-9 years	200mL per dose
Above 9 years	250mL per dose

\*If your child vomits the 1<sup>st</sup> dose, repeat the same dose again 2 hours later. If they vomit a second time then stop, do not repeat the medicine

*It is very important that your child drinks plenty of clear fluids throughout the day/evening to make this medicine work.*

**This means 1-2 glasses of water each hour until he/she goes to bed. Walking around a lot also helps the medicine to work its best.**

## ON THE DAY OF THE COLONOSCOPY

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Do not give your child anything to eat or drink except for clear fluids until **after** their colonoscopy!

**We will know your child's bowel is probably clear when he/she have passed several loose stools that are clear or yellow.**

**Please note: If the stool is not clear yellow after the two doses of PICOPREP a further dose of COLONLYTELY will need to be purchased. COLONLYTELY comes in powder form and is to be mixed with water and chilled. This makes up one liter as per product instructions. COLONLYTELY should be consumed until the stool is clear yellow with no solid content evident.**

*Arrive at the hospital on time as advised by the team (Doctor/Anesthetist)*

## WHAT HAPPENS AT THE HOSPITAL

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Your child may have clear fluids (water, clear apple juice, and/or fizzy drinks) up until 3 hours before the procedure, the morning of the colonoscopy. He/she must not chew gum or suck on hard candy on the day of the procedure.

### ***Before the colonoscopy:***

An anesthetist will come to see your child. Check with the anesthetist at this time about going into the procedure room with your child if this is of interest to you. The doctor who will be doing the procedure will see you and answer any questions you may have.

***The colonoscopy:***

The procedure will usually take about one hour and the recovery time is usually 1-2 hours.

***After the colonoscopy:***

It will take a little time for your child to wake up from the anesthesia. Your child may come back from the colonoscopy with an IV line on a hand/arm.

**A nurse will be at the bedside to monitor your child until he/she is awake. A physician will speak with you after the colonoscopy.**

**Your child may be able to go home once an hour has passed only if:**

- He/she is awake and has had something to drink without feeling sick
- There are no signs of unusual bleeding

The biopsy results from the colonoscopy will take approximately 1-2 weeks. Please phone us if you have not heard anything by 2 weeks after the procedure.