

Gastroscopy & Colonoscopy

This leaflet explains more about your gastroscopy and colonoscopy and what you can expect when you come to hospital. It also details the instructions on how to prepare for these tests, including when to stop eating, how to cleanse your bowel and what tablets you may need to stop.

It is very important that no food or milk is consumed in the 24 hour period prior to your examination. Please read the fasting and laxative instructions overleaf.

These procedures are booked at either the Endoscopy Unit at St George's Hospital or the Day Case Unit at Queen Mary's Hospital, Roehampton. Please refer to your appointment letter / appointment text for the location of your procedure.

What is a gastroscopy and colonoscopy?

Gastroscopy is a camera examination of the stomach and colonoscopy is a camera examination of the bowel. These tests are done consecutively at the same appointment for your convenience. These help to find the cause of your abdominal symptoms and to diagnose and treat diseases of the intestine. The procedures take 45 minutes, but please allow up to three hours in the hospital for the process to be completed. The procedures are usually done under mild sedation and so please ensure you read the section below under "What happens after gastroscopy and colonoscopy?"

What are the risks?

These tests are very safe, but very rarely there can be a problem, for example:

- Loose teeth, crowns and bridgework can be dislodged, but this is rare.
- The sedative can affect your breathing, making it slow and shallow.
- There is a small risk of missing polyps (small growths) or other abnormalities. It is very rare to miss cancer. Successful laxative preparation lessens this risk.
- When a biopsy is taken or a polyp is removed, there may be bleeding on rare occasions.
- Perforation, which is a tear in the wall of the colon is also very rare (<1:2,000 risk).

If this happens it would require a short stay in hospital including treatment with antibiotics and possibly surgical repair.

Are there any alternatives?

For some conditions it may be possible to perform a CT scan.

The disadvantage of this is that in many cases it is not as good at detecting disease and that a biopsy cannot be taken.

The radiation involved in a CT scan is unsuitable for some patients.

If my symptoms have stopped should I still come for the tests?

Yes. It is important that you still come for the tests. Your doctor has organised these tests to ensure you have no problems in your stomach or large bowel. Although the symptoms may have gone, it remains important to examine the upper and lower intestine.

How can I prepare for my gastroscopy and colonoscopy?

- A clear view of the stomach and colon is required for this examination to be successful and so they must be as empty as possible. You will have been prescribed either Citrafleet or Moviprep which are laxatives designed to clear your bowel of stool. **Please read the instructions detailed below carefully.**
- If you are diabetic or taking Warfarin or blood thinning tablets such as Apixaban, Rivaroxaban, Dabigatran, Clopidogrel, Ticagrelor or

Prasugrel please contact us on the phone numbers on page 7 of this leaflet under **Contact us**.

- Take other medications as normal, except iron tablets or stool bulking laxatives such as Fybogel or Movicol which should be stopped one week before your examination.
- If you are taking the contraceptive pill, please take additional precautions for one week following the bowel preparation.
- Please do not take oral medications one hour before or one hour after taking the bowel preparation.
- Please bring a list of your regular medications and any inhalers or sprays with you.
- If you object to receiving blood products, we need to know in advance so please contact us on the numbers on page 7 of this leaflet under Contact us.

Gastroscopy and colonoscopy dietary and laxative preparation

Please follow the instructions below. **Failure to comply with the laxative preparation may lead to cancellation of your procedure for safety reasons.**

Three days before the procedure – Start a low fibre diet

It is important to reduce the amount of fibre you eat **before taking the bowel preparation**. This means avoiding cereals, wholemeal bread, salads, fruits or any food containing nuts or seeds. **You must stop eating 24 hours before your appointment.**

Please see below for a guide on what foods you can eat and what you need to avoid:

Important: You need to stop eating 24 hours before your appointment.

You can eat/drink (up to 24 hours before):	Do not eat/drink:
<input type="checkbox"/> Lean beef, lamb, ham, veal,	<input type="checkbox"/> Fruit (fresh, dried or canned)

<p>pork or chicken</p> <ul style="list-style-type: none"> <input type="checkbox"/> Fish, shellfish <input type="checkbox"/> White rice, noodles or white pasta <input type="checkbox"/> Peeled potatoes; boiled, baked or mashed <input type="checkbox"/> Cornflakes, Rice Krispies, No Bran <input type="checkbox"/> Eggs <input type="checkbox"/> White bread or toast, honey, marmite <input type="checkbox"/> Rich Tea or other plain biscuits <input type="checkbox"/> Butter, Milk, Cheese, Cream, <input type="checkbox"/> Yoghurt, Ice-cream <input type="checkbox"/> Soya and tofu <input type="checkbox"/> Gravy made from stock cubes (plain or corn flour can be used to thicken) <input type="checkbox"/> Sugar or sweetener <input type="checkbox"/> Jelly; green or yellow <input type="checkbox"/> Tea, coffee, water, fizzy drinks, fruit juice 	<ul style="list-style-type: none"> <input type="checkbox"/> Brown rice and brown pasta <input type="checkbox"/> Vegetables <input type="checkbox"/> Roasted/deep fried chips <input type="checkbox"/> High fibre cereals and Porridge <input type="checkbox"/> Pulses or lentils <input type="checkbox"/> High fibre, Wholemeal/Multigrain bread <input type="checkbox"/> Jam/Marmalade <input type="checkbox"/> Nuts and seeds <input type="checkbox"/> Crisps <input type="checkbox"/> Red or blackcurrant jelly <input type="checkbox"/> Red/blackcurrant cordial or fruit juice
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The day before the procedure - Start fasting and take bowel prep
DO NOT EAT FOOD FOR 24 HOURS BEFORE THE TEST. (Please check your appointment time to see when to stop eating). During this time, take only *clear fluid* e.g. water, herbal tea, black tea or coffee (can have sugar but no milk), lemonade, sports drinks, orange squash. You may have clear soup (broth) or yellow / green jelly. You can continue clear fluids up until two hours before the examination.

How to take the bowel preparation

The section below explains how to take the bowel preparation. There are two types of bowel preparation, Citrafleet and Moviprep. Please follow the instructions for the bowel preparation provided to you and the timings of when to take it according to your appointment time.

If taking Citrafleet sachets:

PLEASE DRINK 2-3 LITRES OF CLEAR FLUID DURING THE FASTING PERIOD.

(For morning and afternoon appointments)

Day before the procedure:

At 4pm

Drink one sachet of Citrafleet (mix with a glass of water). The drink may fizz. Drink a full glass of water after drinking the Citrafleet. It can start to work within as little as 30 minutes but can take up to five hours to work. Please drink plenty of *clear fluids* throughout the afternoon and evening as above.

Day of the procedure:

At 6am (or earlier if required)

Drink the second sachet of Citrafleet, even if you think the first one has already worked. Please drink a further 500mls to a litre of *clear fluid* up to two hours before the colonoscopy.

For afternoon appointments you can take the second sachet at 9am.

You must stop drinking two hours prior to the procedure.

If taking Moviprep sachets:

Please follow the instructions according to your appointment time.

FOR MORNING APPOINTMENTS:

Day before the procedure

At 12 noon

Make up your first jug of Moviprep by mixing both sachets A and B in a litre of water. Stir the solution until clear. Drink a glassful every 15-30 minutes until it is finished. Keep the rest of the mixture in the fridge as it tastes better when it is cold. It is also important to drink an additional 500ml of clear fluid during the evening.

At 6pm

Repeat as above with the remaining sachets, A and B and drink a glass every half an hour until 7pm. Keep the remaining two glasses of preparation in the fridge for the following morning.

Day of the procedure

At 6am (or earlier if required)

Drink the remaining two glasses of bowel preparation and a further two glasses of clear fluid.

You must stop drinking two hours prior to the procedure.

FOR AFTERNOON APPOINTMENTS:

Day before the procedure

At 4pm

Make up your first jug of Moviprep by mixing both sachets A and B in a litre of water. Stir the solution until clear. Drink a glassful every 15-30 minutes until it is finished. Keep the rest of the mixture in the fridge as it tastes better when it is cold. It is also important to drink an additional 500ml of clear fluid during the evening.

Day of the procedure

At 9am

Make up your second litre of Moviprep repeating the steps above and drink it over 1-2 hours, drinking a glassful every 15-30 minutes until it is finished. Following this please drink an extra 500mls of clear fluid.

You must stop drinking two hours prior to the procedure.

What if my bowel preparation hasn't worked for hours after taking the laxative?

Please be patient. We anticipate that the laxative will work within a few hours as outlined in the manufacturer's guidelines, but this can sometimes take a little longer depending on your age, diet, if you have diabetes and whether you suffer from constipation. If by the morning of your appointment you have had no result, please contact us for advice. Once it does start working please stay close to a toilet as sometimes no warning may be given.

What If the laxative makes me feel sick or nauseated?

Occasionally, nausea may be experienced. If this happens stop drinking the preparation for 15 minutes and then start again, slowly at first. If you experience nausea or vomiting go to your local pharmacy and ask for anti-sickness tablets. Contact the Endoscopy Unit on the phone numbers of page 7 of this leaflet, if your symptoms persist.

Advice for diabetic patients

The bowel preparation can upset your diabetes temporarily. For further advice about your diabetes, please contact us on the phone numbers on page 7 of this leaflet under **Contact us**. Alternatively you may wish to contact your diabetic nurse.

Tips on bowel preparation

Apply barrier cream to your anal area as repeated bowel actions can make you sore. If you feel uncomfortable, stop temporarily, keep moving about and you should feel better. If you do not like the taste,

drinking it through a straw can help. No alcohol should be drunk the day before or on the day of your examination.

On arrival at the endoscopy unit

- A nurse will check your details, including medications and allergies.
- The test will be explained again and you will be asked to sign a consent form.
- You will be asked to change into a gown.

St George's is a national training centre for endoscopy. Students and qualified trainees may be involved in your care. If you do not want students to be present please inform the doctor or nurse when you are admitted.

Asking for your consent

It is important that you feel involved in decisions about your care. You will be asked to sign a consent form to say that you agree to have the treatment and understand what it involves. You can withdraw your consent at any time, even if you have said 'yes' previously. If you would like more details about our consent process, please ask for a copy of our policy.

What happens during gastroscopy and colonoscopy?

- A local anaesthetic spray is used to numb the back of your throat; this has a slightly bitter taste. The effects last approximately 30 minutes, enough time to finish the test.
- A sedative injection is offered. It makes you relaxed but usually not asleep. It can in some patients affect memory of the procedure. Some patients choose not to have the sedation as the test is easily tolerated in many patients.
- The gastroscope is gently inserted via your mouth into your stomach. This is not painful and will not make breathing or swallowing difficult, but you may feel uncomfortable during the test and it can make you gag. Careful continued slow breathing (through mouth or nose) may

alleviate any discomfort. The nurse may need to clear saliva from your mouth using a small suction tube. If you gag you won't vomit as your stomach will be empty. The test takes approximately five minutes.

- Following this the colonoscope is passed into the bowel and air is introduced. You may feel discomfort as if you want to go to the toilet and short lasting cramps can occur. This part of the test takes 30 to 40 minutes.
- A biopsy may be taken or a polyp may be removed during these tests. You cannot feel this but during the colonoscopy you can often visualise what is happening.

Will I feel any pain?

Air is pumped into the stomach and large bowel so that the endoscopist can view the lining adequately. Some patients find the air used to inflate uncomfortable. You may also feel intermittent mild cramping as the colonoscope is passed around the bowel. A mild sedative and painkiller is usually given for the procedure but some people prefer not to have any. Entonox is also available. This is a "gas and air" mixture that can be used during the colonoscopy but not the gastroscopy. It gives a short lasting pain relief and patients can go home unaccompanied 30 minutes later. It is not suitable for patients with certain lung conditions or who have had certain eye/ear procedures.

What happens after gastroscopy and colonoscopy?

Following the tests you will be taken to the recovery area where you will be monitored for 45 minutes. After this you will be able to get dressed and have some refreshments.

If you have had sedation you will not be allowed to drive and must arrange for someone to accompany you home. The medication given during the test will prohibit you from driving for 24 hours after the examination. Please do not plan to take public transport home unless

accompanied. If you are unable to arrange transportation we can arrange a taxi to take you home however you are responsible for the fare. You will need a responsible adult at home for at least 12 hours. Once your escort has arrived to accompany you home a nurse will give you a copy of the endoscopy report as well as some important discharge advice. If you have had no sedation or choose to have Entonox only you can leave unaccompanied. A normal diet can be resumed once the procedures are complete.

Where do I go?

Please see your appointment letter for the location of your appointment and the hospital address below:

St George's Hospital, Blackshaw Road, London, SW17 0QT. Please go to the Endoscopy Unit, First floor, St James' Wing.

Queen Mary's Hospital, Roehampton Lane, London, SW15 5PN. Please present at the main reception and you will be directed to the Day Case Unit.

Is there parking at the hospital?

At St George's Hospital, the car park entrance is located on Blackshaw Road. Queen Mary's Hospital has a car park on site. Please ensure you check the rates before parking.

Results / Will I have a follow-up appointment?

Upon completion of these tests the findings will be discussed with you. We will be able to tell you of any visual findings, however any samples will need to be sent to the laboratory for testing. This can take up to three weeks. A copy of the report will be sent to your referring doctor and your GP. If required, a follow up appointment will be requested and this will be sent to you through the post.

Useful sources of information

<https://www.nhs.uk/video/Pages/Colonoscopy.aspx>

<https://www.nhs.uk/conditions/gastroscopy>

including further explanation and videos about gastroscopy and colonoscopy.

Contact us

If you have any questions or concerns about your examination please contact us:

For appointments at St George's Hospital call:

The Endoscopy department on 020 8725 1913 / 1491 Monday to Friday 9am to 5pm.

For appointments at Queen Mary's Hospital call:

The Day Case Unit on 020 8487 6466 Monday to Friday 9am to 5pm.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit

www.stgeorges.nhs.uk

Preparation checklist

- If you are planning or have been advised to have sedation arrange for a friend or relative (18 years of age or older) to escort you home after your appointment and be with you for at least 12 hours.
- If you do not have the appropriate support we will not be able to give you sedation and the procedure may be cancelled.
- Make a note of the date of your appointment.
- If you are taking medications for diabetes or to prevent blood clots please contact us for advice.
- Start a low fibre diet three days before your appointment.
- STOP EATING 24 hours before your appointment, clear fluids are allowed up to two hours before.
- Take your bowel preparation as per the instructions in this leaflet.

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough wings (near the lift foyer). **Tel:** 020 8725 2453

Email: pals@stgeorges.nhs.uk

NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

Web: www.nhs.uk

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

Tel: 111

AccessAble

You can download accessibility guides for all of our services by searching 'St George's Hospital' on the AccessAble website (www.accessable.co.uk). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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