

Colonoscopy with Enhanced CitraFleet

This leaflet has two sections: The summary boxes below and section one provides important information about the procedure and medications you may need to stop. Section two explains how to prepare for this procedure, including when to stop eating and how to cleanse your bowel. It is important to read both sections as well as the enclosed Consent Form to ensure that you are fully prepared for the procedure.

Colonoscopies 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 / text for the location of your procedure. You will be contacted by our nursing team before your procedure, to record your health history and to advise on any changes to your medication.

Important information about your procedure

- St George's is a University Hospital and a National Training Centre for endoscopy, providing specialist training for qualified doctors and nurses developing skills in endoscopy. As part of this training, supervised specialist trainees may be involved in your care. If you would prefer trainees not to be present, please inform the doctor or nurse when you are admitted.
- If you are planning to have sedation, arrange for a friend or relative (18+) to escort you home after your appointment and be with you for at least 12 hours. We kindly ask escorts not to wait in the Endoscopy Unit due to limited space, but we will call when the procedure is completed.
- **Three days before** your appointment, **start a low fibre diet** (found on page 5).
- **STOP EATING 24 HOURS before your appointment**, clear fluids are allowed (**no milk**).
- **Take the bowel preparation** as per the instructions from page 6.
- **STOP DRINKING CLEAR FLUIDS TWO HOURS** before your appointment.
- Please read and bring your signed **Consent Form** with you to your appointment.
- We recommend you bring a book or magazine with you to read whilst you are waiting as the mobile phone signal is weak.
- If polyps are removed, **you may be advised not to fly for 2 weeks** after your procedure.

Important information about medication

- If you are taking medications for **diabetes** or to **prevent blood clots** such as Warfarin, Apixaban, Edoxaban, Rivaroxaban, Dabigatran, Clopidogrel, Ticagrelor or Prasugrel, please follow the instructions provided by the nurse. If you have not been contacted, please **contact us** on the numbers on page 4.
- Seven days before the procedure, stop taking iron tablets.

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Important information about medication continued

- Four days before the procedure, stop taking constipating medicines such as Imodium (Loperamide), Lomotil, or codeine phosphate, or stool bulking laxatives such as Fybogel.
- If you are taking codeine-based medicines, please consult your GP to discuss if any alternatives are available.
- If you take **GLP-1 and/or GLP-3 and/or GIP blocker medication** such as Mounjaro, Wegovy, Ozempic, **please inform us.**
- Take all other medications as usual but do not take oral medications one hour before or one hour after taking the bowel preparation.
- If you are taking the contraceptive pill, please take additional precautions for one week following the bowel preparation.
- Please bring a list of your regular medications and bring any inhalers or sprays with you.
- If you are a diabetic, please bring your medication and a snack to eat after the procedure.

Section One:

What is a colonoscopy?

Colonoscopy is a camera examination of the bowel. It helps to find the cause of your abdominal symptoms and to diagnose and sometimes treat diseases of the bowel. The procedure takes 30 to 45 minutes but please allow up to four hours in the hospital.

During the procedure, you may feel discomfort as if you want to go to the toilet and intermittent cramping. Sometimes small tissue samples (a biopsy) are taken, or polyps are removed, this is painless. You will be offered a choice of having sedation for the procedure or Entonox (also known as 'gas and air' or 'laughing gas'). You may also choose to have no medication. If you have sedation, it is essential that you have an escort home and a responsible adult with you for at least 12 hours. If you have Entonox, you can leave unaccompanied 30 minutes after the procedure. Please note that Entonox is not suitable for all patients including those taking Methotrexate or with certain lung conditions or who have had certain eye/ear procedures. For more information about Entonox, go to: <https://www.stgeorges.nhs.uk/patients-and-visitors/patient-information-public/>

For further information about the procedure, risks and alternatives please read the enclosed Consent Form.

Asking for your consent and signing the consent form

It is important that you feel involved in decisions about your care. Please take the time to read the Consent Form before your appointment. If you feel happy that you understand what is involved and agree to have the procedure, please sign the Consent Form and bring it with you to the appointment. You will have the opportunity to ask any questions before the procedure. You can withdraw your consent at any time, even if you have said 'yes' previously.

On arrival at the endoscopy unit

- A nurse will check your details, including health history, medications and allergies.
- You will have the opportunity to ask any final questions with the endoscopist before the procedure. If you have not yet signed the form, the procedure will be explained, and you will be asked to sign a Consent Form.
- You will be asked to change into a gown and privacy shorts.
- An intravenous cannula will be inserted and secured before the start of the procedure.

What happens after colonoscopy?

Following the procedure, you will be taken to the recovery area where you will be monitored for 30 to 45 minutes. After this you will be able to get dressed and have some refreshments. A nurse will give you a copy of the colonoscopy report as well as a discharge information leaflet with important advice. A normal diet can be resumed once the procedure is complete.

If you have had sedation, the medication will prohibit you from driving for 24 hours. Please do not plan to take public transport home unless accompanied. If you are unable to arrange transportation, we can arrange a taxi, however you are responsible for the fare. You will need a responsible adult at home for at least 12 hours. If you have had no sedation or Entonox only, you can leave unaccompanied.

Will I get the results / Will I have a follow-up appointment?

We will give you a copy of the colonoscopy report and discuss the findings with you before you are discharged. We will be able to tell you of any visual findings, however any tissue samples will be sent to the laboratory for testing. This can take up to six weeks. A copy of the report and any histology results will be sent to your referring doctor and your GP. If required, a follow-up appointment will be requested and will be sent to you by post/text/or by phone.

Is there anything I need to watch out for after the procedure?

Minor side effects: It is normal to notice small amounts of bleeding in your poo, or mild abdominal (tummy) discomfort, for up to two weeks after the procedure. These symptoms should usually settle within a few days, as should the consistency of your bowel motions.

When to seek urgent medical attention:

For up to two weeks following your procedure, if you develop any of the symptoms listed on page 4, please seek medical advice **immediately** by EITHER contacting the St George's Endoscopy Unit, Monday to Friday between 9am and 5pm on 0208 725 1491/2310, OR outside of working hours by attending your nearest Emergency Department. Please ensure you **take a copy of your endoscopy report with you**. Additional information will be provided about procedural aftercare on the day of your appointment.

IMPORTANT: These telephone lines are for emergencies only and the staff will not be able to assist you with queries about your procedure, results or appointments.

The symptoms to look out for include:

- Fever (>38°C) / Chills / Rigors
- Large amounts of blood or clots in your poo
- Severe, persistent or worsening abdominal pain
- Difficulty breathing / shortness of breath
- Persistent nausea or vomiting
- Fainting / Collapse

When can I get back to my normal routine?

You should be able to return to work and all your usual activities the day after your procedure. Please be advised you cannot drive, sign legal documents, or drink alcohol for 24 hours following sedation.

Where do I go?

Please see your appointment letter for the location of your appointment and the 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.

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.

Contact us

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

- **For appointments at St George's Hospital please call:**
The Endoscopy Unit on 020 8725 1913 Monday to Friday 8.30 am to 3pm.
- **For appointments at Queen Mary's Hospital please call:**
The Day Case Unit on 020 8487 6466 Monday to Friday 9am to 5pm.

Please note that our phone lines are very busy, as we manage over 300 patient bookings each week. As a result, it may take up to 40 minutes for us to answer your call.

Useful sources of information

Go to: www.nhs.uk/conditions/colonoscopy for further information about colonoscopy.

Section Two:

HOW TO PREPARE FOR COLONOSCOPY

It is important to reduce the amount of fibre you eat **before starting the bowel preparation**. This means avoiding cereals, wholemeal bread, salads, fruits or any food containing nuts or seeds.

THREE DAYS BEFORE THE PROCEDURE, START A LOW FIBRE DIET

This table shows what foods you can eat and what you need to avoid before you start taking the bowel preparation. You must **STOP EATING** 24 hours before the procedure.

FOOD AND DRINK ALLOWED (up to 24 hours before appointment ONLY)	FOOD AND DRINK TO AVOID
✓ Lean beef, lamb, ham, veal, pork, chicken, bacon, plain meat pies ✓ Fresh, tinned, smoked seafood (no bones, shell), fish with white breadcrumbs/batter ✓ White rice, couscous, noodles, white pasta ✓ Peeled potatoes; boiled, baked or mashed ✓ Well-cooked carrots/turnip/swede (no skin), cauliflower/broccoli florets (no stalks) ✓ Sieved tomato sauces (no skin or seeds), purée, tomato/brown/Worcestershire sauce ✓ Plain gravy, cheese, sauce, plain mustard ✓ Eggs, soya, Quorn, tofu ✓ Clear or strained soups ✓ Stewed/tinned fruit (no skin/seeds/pith/pips) ✓ Cornflakes, Rice Krispies, Cornflakes etc. ✓ White bread, plain naan, chapatti, poppadum ✓ Rich Tea or other plain biscuits, crackers ✓ Plain cakes, plain scones (no fruit or nuts) ✓ Butter, milk, cheese, dairy alternatives ✓ Plain or fruit flavoured yoghurt (no bits) ✓ Jam, marmalade (no seeds, peel), marmite ✓ Jelly (green/yellow only), ice cream, custard ✓ Water, tea, coffee, fizzy drinks, clear fruit juice e.g. apple juice, Lucozade	- x Burgers, sausages, casseroles - x Pies, pasties containing vegetables - x All peas, beans, pulses e.g. kidney, baked, lentils, hummus - x Brown rice, brown pasta, quinoa, barley - x Potato skins, chips, roasted potato - x Raw vegetables, salad, sweet corn, celery - x Fruit (fresh, dried, or tinned with pips) - x Packet soups or tinned soup with vegetables - x High fibre, wholemeal/multigrain breads - x Wholemeal cereals, cereals with nuts, seeds, or dried fruit - x Muesli, fruit and fibre, shredded wheat, bran flakes, porridge - x All nuts and seeds - x Yoghurt with whole fruit muesli, seeds - x Digestives, Hob-nobs, oat cakes, flapjacks - x Wholegrain crackers, crackers with seeds - x Cakes containing fruit, nuts, or coconut - x Jam or marmalade with skin/pips/seeds - x Peanut butter - x Cloudy juice, juice with bits, smoothies - x Red or blackcurrant cordial/squash

Advice for diabetic patients

The bowel preparation can upset your diabetes temporarily. A nurse will contact you with advice on how to manage your diabetes whilst you are fasting. If you have not been contacted, please contact us on the telephone numbers on page 4 of this leaflet under **Contact us**. Alternatively, you may wish to speak to your diabetic nurse for advice.

FASTING AND CITRAFLEET INSTRUCTIONS

It is very important you follow the instructions below which are necessary to clear your bowel of stool and to enable the procedure to be successful.

DO NOT EAT FOOD FOR 24 HOURS BEFORE THE PROCEDURE

Please check your appointment time to see when to stop eating. During the fasting period, please **DRINK CLEAR FLUIDS ONLY**. Stop drinking two hours before your appointment time.

Clear fluids include:

Water, fizzy drinks, Lucozade, squash (not red or blackcurrant), clear soups, Bovril or broth, black tea and coffee (no milk) and jelly (green and yellow only).

Please follow the instructions on the following page (rather than the manufacturer's leaflet) and according to your appointment time.

How to prepare CitraFleet

The enhanced CitraFleet preparation consists of 3 sachets taken as instructed. If you had difficulty clearing your bowel previously or have chronic constipation, **we recommend you take two Senna tablets (7.5mg) at night for 5 nights before starting CitraFleet.**

Mix the contents of each sachet with approximately 150ml of cold water and stir for two to three minutes before drinking, at the times listed overleaf. Do not worry if the solution becomes warm or hot – allow it to cool a little before drinking. Follow this with another full glass of water.

It is **important to drink 2 to 3 litres of clear fluid** during the preparation period which is required to flush your bowel of stool and to keep you hydrated. Drink at least one full glass (250mls) of water every hour from the time you stop eating the day before your procedure and then again after the third dose in the morning, until 2 hours before your appointment.

What to expect when taking bowel preparation

Everybody responds differently to bowel cleansing. We advise you to remain in easy reach of a toilet as it causes multiple, often urgent, watery bowel movements. It can start working in as little as 30 minutes but may take up to three to four hours to start working in some people depending on your age, diet, if you have diabetes and whether you suffer from constipation. **Your bowel motions on completion of the preparation should be a clear/yellowish watery consistency.**

The CitraFleet may make you feel nauseated or sick, have abdominal bloating or cramps. Drinking plenty of fluid and walking around can help prevent this. The effects of the bowel preparation may give you a sore bottom, so we suggest using a **barrier cream** as soon as you start drinking the PLENVU and soft flushable wipes. If you are unable to tolerate the bowel preparation, vomit the contents, or if by the morning of the procedure you have had little or no result in the toilet, please **Contact us** on the phone numbers of page 4, as it may not be possible to perform the procedure.

ENHANCED CITRAFLEET - MORNING APPOINTMENTS

Take two Senna tablets (7.5mg) at night for 5 nights before starting the bowel preparation.

Suggested routine to follow the DAY BEFORE YOUR PROCEDURE	
Breakfast 7-8am	Eat a light breakfast but avoid high fibre foods, fruit and vegetables. This will be the last solid meal until after your procedure. (See page 5)
8am Stop eating Drink clear fluids	STOP EATING SOLID FOOD. Drink 2-3 litres of CLEAR FLUIDS ONLY during the fasting period. See clear fluid examples on page 6.
12pm	Mix the FIRST sachet of CitraFleet in a glass of water until dissolved and drink it followed by a glass of water. Continue drinking clear fluids.
5 - 6pm	Mix the SECOND sachet of CitraFleet in a glass of water until dissolved and drink it followed by a glass of water. Continue drinking clear fluids.
Dinner Clear fluids only	You can have clear soups or broth such as Bovril or Oxo. Drink at least another litre of clear fluid before going to bed.
Suggested routine to follow the DAY OF YOUR PROCEDURE	
6am (or earlier if desired)	Mix the THIRD sachet of CitraFleet in a glass of water and drink it, even if you feel your bowel is empty. Drink a further 500ml of clear fluid up until 2 hours before your appointment.
2 hours before appointment	STOP DRINKING FLUIDS. Please don't worry about travelling to hospital after taking this dose as it clears the stool produced overnight only.

ENHANCED CITRAFLEET - AFTERNOON APPOINTMENTS

Suggested routine to follow the DAY BEFORE YOUR PROCEDURE	
Breakfast	Eat a light breakfast but avoid high fibre foods, fruit and vegetables. (See page 5)
Lunch 11am – 12pm	Eat a light lunch but avoid high fibre foods, fruit and vegetables. This will be the last solid meal until after your procedure.
12pm Stop eating Drink clear fluids	STOP EATING SOLID FOOD. Drink 2-3 litres of CLEAR FLUIDS ONLY during the fasting period. See clear fluid examples on page 6.
12.30pm	Mix the FIRST sachet of CitraFleet in a glass of water until dissolved and drink it followed by a glass of water. Continue drinking clear fluids.
5.30pm	Mix the SECOND sachet of CitraFleet in a glass of water until dissolved and drink it followed by a glass of water. Continue drinking clear fluids
Dinner Clear fluids only	You can have clear soups or broth such as Bovril or Oxo. Drink at least another litre of clear fluid before going to bed.
Suggested routine to follow the DAY OF YOUR PROCEDURE	
9am	Mix the THIRD sachet of CitraFleet in a glass of water and drink it, even if you feel your bowel is empty. Drink a further 500ml to 1 litre of clear fluid up until 2 hours before your appointment
2 hours before appointment	STOP DRINKING FLUIDS. Please don't worry about travelling to hospital after taking this dose as it clears the stool produced overnight only.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.stgeorges.nhs.uk

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 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.

