



هارلي ستريت ميديكال سنتر
HARLEY STREET
MEDICAL CENTRE

Colonoscopy Procedure



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www.colorectalclinic.ae

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ت: ٣٩٩٩ ٢٦١٣ ٩٧١+

ص.ب: ٤١٤٧٥، أبو ظبي، الإمارات العربية المتحدة

ع: قرية المارينا، فلل رقم: A13 إلى B20

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Welcome to the Gastroenterology clinic information resources. This leaflet provides essential information about the colonoscopy procedure, its preparation, process, and what to expect before, during, and after the examination.

What is a Colonoscopy?

A colonoscopy is a medical procedure used to visually examine the interior of your colon and rectum using a colonoscope, a flexible tube equipped with a camera and magnification. This test helps in diagnosing issues like ulcers, colon polyps, tumors, and areas of inflammation or bleeding.

Why is a Colonoscopy Performed?

Screening for Colorectal Cancer: Recommended especially if you're 45 years old and above or at a younger age if you have a positive family history for colon cancer or any other risk factor.

Investigative Tool: to explore the cause of abdominal pain, rectal bleeding, chronic constipation, chronic diarrhoea, and other intestinal problems.

Monitoring and Surveillance: Regular follow-ups for patients with a history of polyps or colorectal cancer or inflammatory bowel disease.

Preparing for Your Colonoscopy

Diet: You'll need to switch to a specific diet as indicated in the leaflet [Bowel Preparation for Colonoscopy](#).

Bowel Preparation: To clear your colon, you will be prescribed a laxative solution. It's crucial to follow the instructions exactly as given for effective cleansing as provided in the [Bowel Preparation for Colonoscopy](#).

Medication Adjustments: Inform your doctor about all medications you are taking, as some may need to be adjusted or stopped. Follow instruction as provided in the leaflet [Bowel Preparation for Colonoscopy](#).

Arrangements for Return Home: Since you will be receiving sedatives, plan for someone to drive you home after the procedure.

The Procedure

On Arrival: You will be taken to your room and asked to change into a hospital gown. The nursing team will check your identity, past medical history, active medications and will make sure you have no active medical conditions that may contraindicate colonoscopy. Pregnancy test will be performed on urine sample.

Sedation: You will receive sedation through an IV to keep you comfortable.

During the Procedure: The doctor will insert the colonoscope into your rectum and gently guide it through your colon. Carbon dioxide will be used to inflate your colon for better visibility.

Duration: The procedure typically takes about 20-30 minutes.

Monitored Anesthesia Care (MAC)

This is a specific type of sedation where you will be relaxed and won't feel what is happening. It reduces discomfort and anxiety during the procedure, and you'll likely have no memory of the test afterward. It is not a general anaesthesia but rather a deep form of sedation where you will still be able to breath spontaneously while the vital signs are being monitored by the anaesthesiologist in charge of your procedure.

After the Procedure

Recovery Room: You will be taken to your room to allow the sedative to wear off.

Feeling Normal: You might experience bloating or pass gas due to the air introduced into your colon. This is normal.

Resuming Activities: You can usually eat and drink normally after leaving the clinic but should avoid driving, operating machinery, or making important decisions for the rest of the day.

Someone to Drive You Home: It's not mandatory to have someone escorting you home although is preferable due to the lingering effects of sedation.

Do Not Take any Flight Within 24 h.



Risks and Complications

Common Side Effects: Mild cramping or bloating.

Serious Risks: Although rare, complications can include perforation (a hole in the colon), bleeding, and reactions to sedation.

Emergency Contact: If you experience severe abdominal pain, fever, heavy rectal bleeding, or dizziness, contact the clinic immediately or go to the nearest emergency room. Instruction is provided in the discharge summary you will be provided before leaving the Centre.

Follow-Up

The result of the procedure will be discussed afterwards in details. You will receive all the reports, images and videos upon your departure. Biopsy if taken will be forwarded to you by your physician 1 week later as soon as it is reported.

Additional Testing: Depending on the findings, additional tests or procedures may be recommended.

Questions and Concerns

Contact Information: Provided here for any queries or concerns before or after the procedure.

Open Communication: We encourage you to ask questions and express any anxieties you might have.

**REMEMBER, COLONOSCOPY PLAYS A
CRUCIAL ROLE IN PREVENTING
COLORECTAL CANCER AND
DIAGNOSING GASTROINTESTINAL
CONDITIONS. OUR TEAM IS
COMMITTED TO PROVIDING YOU
WITH QUALITY CARE AND SUPPORT
THROUGHOUT THIS PROCESS.**

Clinic Contact Information and resources:

Gastro Clinic Website

