After the Procedure

- You may feel some cramping or sensation of having gas, but this quickly passes.
- It will take your bowels at least two days to return to normal and your bowel motions may be blood stained.
- Unless otherwise instructed, you may resume your normal diet.
- If a biopsy was taken or a polyp was removed, you may notice light rectal bleeding for one to two days after the procedure.
- The doctor will speak to you regarding your procedure/findings before you are discharged.
- If a biopsy has been taken or a polyp removed results from the laboratory may take up to 7 working days.
- You will be advised of a follow-up appointment either in Cavan or Monaghan Hospital prior to discharge if deemed necessary. You may be discharged back to your GP with no follow-up from the hospital. On discharge you may be given a procedure report to give to your GP.

Please note if you have had sedation, this can stay in your system up to 24 hours, you are advised:

➢ Not to drive
➢ Not to drink or smoke
➢ Not to operate machinery
➢ Do not make any major decisions. E.g. signing of important papers for 24 hours

If you have been given sedation it is important that you are collected from the unit by a responsible adult who will accompany you home as you have undergone an endoscopic procedure under conscious sedation. We would advise that you have company for the next 24 hours.

If no sedation given you can leave the department unaccompanied.

Please bring details of your private insurance or medical card with you.

Are there any risks following a Left Sided Colonoscopy?

When a Polyp is removed there is a very small risk of bleeding (less than 1 in 100 cases), but if we suspect a bleed occurring we may ask you to stay in hospital overnight for observation.

There is also a small risk of the endoscope causing a perforation (small hole) in the bowel (less than 1 in 1000 cases). If this should occur, an operation to seal the hole may be necessary but the chance of this is very small indeed.

Following Your Discharge

If you become unwell, pass a large amount of blood, pass clots or experience increased abdominal pain please contact your Endoscopy unit between 8am-4pm Monday to Friday. Numbers provided on front of information sheet. Outside these hours please contact your GP/DOC or your nearest Emergency Department.

Hospital Facilities

Cavan Hospital

- ATM Machine
- Prayer Room
- Coffee Dock: open 9am-3pm

Both Cavan / Monaghan Hospital Sites

- Chapel
- Hospital Canteen (Check opening times on admission)

Mobile phones not to be used in the confines of Cavan/Monaghan Hospital. Pay phones available on both hospitals.

Monaghan Hospital Visiting: Strictly 2pm-4pm and 6:30pm-8:30pm. Children under 12 not permitted.

Cavan Hospital Visiting: Strictly 6:30pm-8:30pm. Children under 12 not permitted. Maternity/ICU/CCU differ, liaise with relevant wards.

Car Park - €3 (unlimited time)

For your information you will be attending a mixed day ward. If you have any concerns, please contact the relevant department.
What is a Left Sided Colonoscopy (may also be referred to as a Simoidoscopy or Limited Colonoscopy)?

Left Sided Colonoscopy is a test which allows the doctor to look directly at the lining of the lower third of the large bowel (the rectum and simoid colon). It involves the use of a colonoscope - a long, thin, flexible tube connected to a camera and video display monitor. This test is usually performed without the use of sedation.

The colonoscope is inserted into the rectum and moved through the lower third of the colon. If the endoscopist notices anything of concern during your colonoscopy, a biopsy (removing a small amount of tissue to examine) or removal of a polyp may be performed. The sample will be analysed for infections and the presence of any other abnormalities.

If you are on regular treatments with aspirin/plavix/warfarin or any anticoagulants or if you are diabetic you should have been given specific advice by your referring doctor on whether to take these before the procedure. If you are unsure please contact the referring hospital and relevant secretary at least 7 days prior to your test for further advice.

If you are taking iron supplements these need to be stopped one week prior to your colonoscopy.

Please bring details of your private insurance or medical card with you.

Before/During your Left Sided Colonoscopy Procedure

Unless otherwise advised by the doctor to take full bowel preparation prior to this procedure, you may have a light breakfast. Routine medication can be taken as normal.

On arrival to the unit the nurse will check that you have followed the instructions in your appointment / bowel preparation letter.

Your pulse, blood pressure and respiration rate will be recorded and a checklist relating to your procedure will be carried out on your admission.

- You will be given a pair of disposable colonoscopy trousers to wear during the procedure. A dressing gown is the only night wear needed when attending for your test.
- Please leave valuables at home
- The doctor will assess you and obtain your consent. Elderly and very sick patients should have a family member or friend with them.
- Any queries you may have will be explained to you truthfully/clearly and in a language that you can understand.
- The doctor will prescribe an enema (this will stimulate a bowel motion). A nurse will administer this within the department. It will take up to 30 minutes for the enema to work. Once the enema has worked you will be transferred into the procedure room where your test will be completed.
- The doctor may have decided prior to your admission to request full bowel preparation to be taken at home if this is the case no enema will be given on your arrival to the department. If you have taken the full bowel preparation the doctor may perform a full colonoscopy if it is deemed necessary.
- A small needle (cannula) may be inserted into a vein in your arm for use during the procedure if required.

On transfer into the procedure room you will be positioned on your left side with your knees slightly bent. You will be attached to a monitor that will record your pulse/respiratory rate and blood pressure.

- The doctor will begin the procedure without sedation but if you can not tolerate the procedure the doctor will offer you an injection, a sedative which will make you feel sleepy (conscious sedation - this is not a general anaesthetic).
- During the procedure air will be passed through it to distend the colon to give a clearer view of the lining. You may feel mild cramping during the procedure, cramping can be reduced by taking slow deep breaths. It is usual to have a sensation to go to the toilet, it is due to air in the bowel. You will be encouraged to pass wind during the procedure to relieve any discomfort you may be experiencing.
- You will be observed for any pain experienced during your tests and any pain experienced will be managed appropriately by the doctor and the nurse.
- The procedures may last from 15 to 30 minutes.
- Patients under the age of consent (not reached their sixteenth birthday) should be accompanied by a parent or guardian and will be admitted to the paediatric ward prior to their test on the Cavan site.

Following the Procedure

- On your return to the recovery area you will, if you have had sedation, probably sleep for an hour following the procedure.
- The nurse will check your pulse, blood pressure, and respiration rate.
- Oxygen may be administered via nasal prongs in recovery following your procedure if required.
- When you are fully awake you will receive a light snack. If you have had no sedation you can eat and drink when you feel ready.