

Bowel cancer screening colonoscopy

(Morning – extended appointment)

Information for patients

This leaflet explains a procedure called a colonoscopy, which you have to check for signs of bowel cancer. It covers how to get ready and what happens during the procedure. We have also included information about King's College Hospital's Bowel Cancer Screening Service and what you can expect from your appointment. If you have any more questions, please speak to one of the doctors or nurses caring for you.

Bowel Cancer Screening Centre

King's College Hospital
Denmark Hill, London
SE5 9RS

Tel: 020 3299 7601



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What is a colonoscopy?

It is a procedure in which a thin, flexible tube with a camera on the end is put up your bottom to get a close-up view of the inside of your bowel. It is carried out by an accredited Bowel Cancer Screening Consultant Endoscopist and enables them to spot any early changes which can be of concern. It is a very common procedure and an effective way of checking for and diagnosing abnormalities.

Why have I been invited for a colonoscopy?

Your risk of bowel cancer increases as you get older. As part of the National Bowel Cancer Screening Programme, people aged 50–74 and registered with a GP in Lambeth or Southwark are offered a stool (poo) sample test called a Faecal Immunochemical Test (FIT). This checks for tiny traces of blood in the stool, which can be an early sign of bowel cancer. Finding cancer early means any treatment you have works better and causes fewer complications.

You are recommended to have a colonoscopy if blood is found.

If you have previously had a colonoscopy and bowel polyps or cancer removed, you are returning for **surveillance** colonoscopies. These check-ups are designed to remove new polyps and reduce your risk of bowel cancer.

If you have **Lynch Syndrome**, a genetic condition that increases your risk of bowel cancer, you have surveillance colonoscopies every two years based on the gene mutation:

- MLH1, MSH2, EPCAM: Start at age 25
- PMS2, MSH6: Start at age 35

What does a colonoscopy involve?

So here's what's involved...



Before your colonoscopy, you'll be asked to drink a strong laxative. This cleans your bowel thoroughly so the endoscopist can spot any changes, but it will mean frequent trips to the toilet.



When you arrive at your appointment you'll be asked to change into a gown, which keeps you modest during the colonoscopy. A nurse will explain the procedure and ask you to lie on your side. The endoscopist will then put a thin flexible tube with a camera on the end up your bottom so they can see the inside of your bowel.



It's usually painless and only takes about 30 minutes – there can be some discomfort, so you'll be offered a painkiller or sedative if you wish.



The endoscopist may remove polyps (non-cancerous growths) or tissue samples if they think anything needs a closer look.



Most people who have a colonoscopy won't have bowel cancer. But, if bowel cancer is detected at its earliest stage nearly everybody is treated successfully.



That's why if you have an appointment for a colonoscopy, it's really important that you attend – let's keep your bowel in good health.

Colonoscopy – Your commonsense bowel check



Confirming your appointment at the Endoscopy Unit

Once you have agreed an appointment date with the Consultant Endoscopist for a colonoscopy you will receive a date for your appointment. Please write the date and time below.

Your appointment date is: _____

Please arrive at the Endoscopy Department **15 minutes** before your appointment so we can start your procedure on time. There is a map on page nine showing you how to find the Endoscopy Department.

If you cannot come to your appointment, please contact us on **020 3299 7601** as soon as possible so we can offer it to another patient.

IMPORTANT

Please read before you come to your appointment

- You must arrange for someone to collect you from the Endoscopy Department and take you home after the procedure if you have chosen to have sedation.
- Please do not bring children with you if you have no one to look after them during the examination, because you cannot have them with you in the examination room.
- Please ensure you have correctly prepared yourself for the colonoscopy by following the detailed instructions on the next page.

How do I prepare for the colonoscopy?

To make sure we can get a clear view of your bowel, it must be as clean and clear of any residue as possible. Follow the steps below.

Date	Time	What	Note
		Blood Test	Please go to Golden Jubilee Wing
	Day 1	Low Residue Diet - Take 1 Senna tablet at 08:00 AM - Take 1 Senna Tablet at 08:00 PM	Please refer to the list of food allowed on the next page
	Day 2	Low Residue Diet - Take 1 Senna tablet at 08:00 AM - Take 1 Senna Tablet at 08:00 PM	
	Day 3	Low Residue Diet - Take 1 Senna tablet at 08:00 AM - Take 1 Senna Tablet at 08:00 PM	
	Day before Colonoscopy 08:00 - 09:00 AM	Can have Light breakfast Slice of white toast with honey or jam and a cup of tea or coffee without milk. Do not eat again until after your colonoscopy	No more solid food after Breakfast (only clear liquid diet, avoid dairy products)
	12:00 (Noon)	PlenVu Dose 1 sachet Mix in 500mls of water + 2 Senna Tablets	Drink full contents over 30 minutes and drink another 1 litre of plain water
	18:00 (6PM)	PlenVu Dose 2 sachets (A+B) Mix in 500mls of water	
	Day of the Colonoscopy 06:00 AM	PlenVu Dose 1 sachet Mix in 500mls of water + 2 Senna Tablets	
		Colonoscopy Appointment Stop drinking fluids 2 hours before the procedure	Please go to Endoscopy Lower Ground Floor Hambleton Wing

The laxative – PlenVu – that you take the day before your colonoscopy will cause you to have loose, watery bowel motions, so make sure you are near a toilet before drinking it. Aim to drink 2–3 litres of water each day to replace the fluids you are losing and follow the low residue diet advice on page seven.

Low residue diet– please follow this carefully

What to Eat		What to AVOID
For Vegans & Non Vegans	Non Vegans	
Vegan Cheese and butters Clear Jam or jellies Cornflakes Rice crispies White bread White flour noodles Well-cooked white potato (without the skin) Silken or firm plan tofu Seitan (vital wheat gluten)	Egg (boiled and poached) Grilled or poached white fish Skinless chicken Peeled prawn or shrimp Rich tea biscuits	High fibre food Brown Rice Wholemeal cereal Chickpeas Red Meat Pink fish Any fruits Any vegetables Nuts Sweetcorn Mushrooms Wholemeal bread Quinoa Beans Legumes Veggie Soups Dahl Dark coloured drinks - black currant, orange and red jellies
Permitted Fluids		
Water Clear plain soup/clear broths (stock) Black tea or coffee without milk Lucozade and any sport Drink Tonic water Clear apple juice	White grape juice Fruit squash Maple syrup Agave syrup Soya sauce Tamarin	



What medication should I stop before my colonoscopy?

IF Applicable, Medications to stop		
Name of Medication	When to stop?	Comments
Iron tablets and Multivitamins	One Week before Colonoscopy	
Blood thinner(s):	Name of Blood thinner: _____ STOP: ___ days prior to colonoscopy Stopping blood thinners before the procedure will reduce the risk of bleeding when biopsy (taking tissue sample) or Polypectomy (removal of polyp) is performed	If you have any further queries, please do not hesitate to contact your Specialist Screening Practitioner (SSP) at King's Bowel Cancer Screening Centre on 020 3299 7601
Imodium (Loperamide), or any other drug that may cause constipation such as Co-Codamol, Tramadol or opioids	2 days before the Colonoscopy	
Other Medication(s) to STOP:		

If you have severe abdominal pain or vomiting when you take the laxative, STOP and call the screening centre (8am – 6pm), Monday to Friday, or contact 111 out of hours.

How can I get in touch with the Bowel Cancer Screening Centre Service?

If you are having treatment at King's College Hospital, call us on **020 3299 7601** or email us at kch-tr.BCS@nhs.net

Or you can ask your SSP or doctor to refer you to us.

How to find us

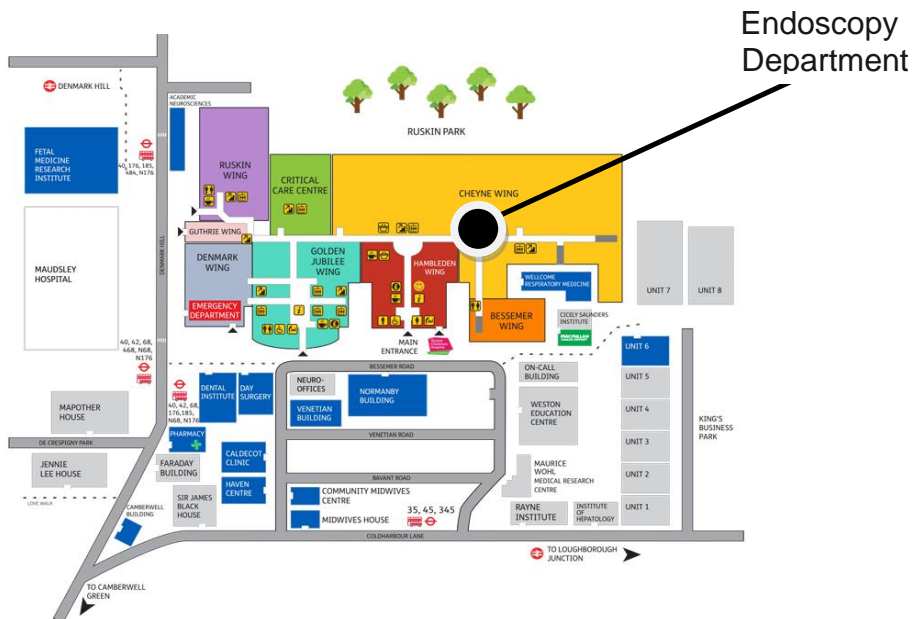
You will have your colonoscopy in the **Endoscopy Department**, lower ground floor, **Cheyne Wing**, **King's College Hospital**, **Denmark Hill**, **London SE5 9RS**. Please see the map below.

Directions from the main entrance

1. Enter through the main entrance and follow the corridor straight ahead.
2. Continue along the corridor until you reach the lifts.
3. To reach the lower ground floor:
 - Take the lift, or
 - Use the stairs to the left of the lifts.
4. From the lower ground floor, go down the corridor in front of you. The Endoscopy Department will be on your left.

When you arrive

Please press the buzzer for assistance, then check-in at reception. Thank you - we look forward to assisting you.



Sharing your information

King's College Hospital NHS Foundation Trust has partnered with Guy's and St Thomas' NHS Foundation Trust through the King's Health Partners Academic Health Sciences Centre. We are working together to give our patients the best possible care, so you might find we invite you for appointments at Guy's or St Thomas' hospitals. King's College Hospital and Guy's and St Thomas' NHS Foundation Trusts share an electronic patient record system, which means information about your health record can be accessed safely and securely by health and care staff at both Trusts. For more information visit www.kch.nhs.uk.

Care provided by BCS accredited Consultants

Our services are delivered by highly qualified BCS accredited Consultants and experienced BCS-trained staff. We prioritise patient care and adhere strictly to the highest professional standards.

PALS

The Patient Advice and Liaison Service (PALS) offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you. They can also pass on praise or thanks to our teams. The PALS office is located on the ground floor of the Hambleton Wing, near the main entrance on Bessemer Road - staff will be happy to direct you.

PALS at King's College Hospital, Denmark Hill, London SE5 9RS

Tel: **020 3299 4618**

Email: **king.pals@nhs.net**

If you would like the information in this leaflet in a different language or format, please contact our Communications and Interpreting telephone line on 020 3299 4618 or email **kings.access@nhs.net**