

Your colonoscopy at the Royal Hospital for Children and Young People

A guide for children, young people, parents and carers

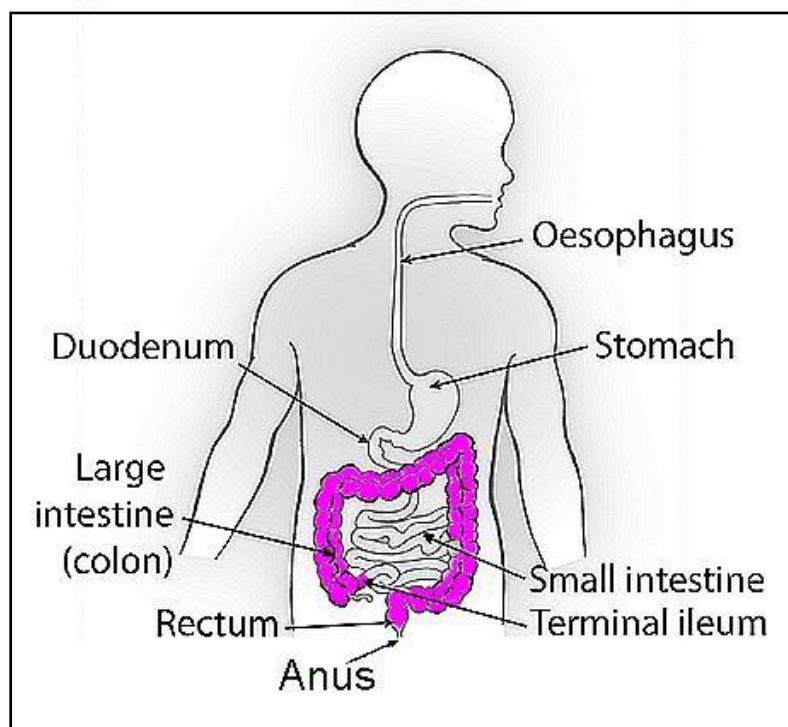
We have arranged a colonoscopy test for you at the Royal Hospital for Children and Young People (RHCYP). This test uses a slim flexible camera to look inside the bowel. You'll be asleep (anaesthetised) for the whole test so you won't feel or remember anything.

What is the bowel?

Your bowel is the tube which goes from your mouth all the way down to your bottom (anus). It looks different in each part as each area does a specific job. The picture shows where these are and the names for the different parts of the bowel.

What is a colonoscopy?

During a colonoscopy the endoscopist (that's the person doing the camera test) will look inside you at the lower part of the bowel using the camera. They will start from the anus and look carefully at the colon (large intestine) and the end of the small intestine (terminal ileum).



When will my colonoscopy happen?

You will get a phone call about the test and the date and time, and an email with additional information will be sent to you. Please telephone the number on the information provided as soon as possible if you can't make that date and we can discuss other options.

How long will I be at the hospital?

Normally if you are having a colonoscopy you will be on the Crichton Unit (Surgical Admissions Unit: SAU) for most of the day, usually arriving at 11:30am and leaving around 6pm, but **please check the appointment letter for the time you should arrive**. You are allowed to bring something from home to help pass the time, such as a toy, book, game or tablet, but there are lots of activities to help keep you busy. Only very rarely will you have to stay in hospital overnight after the test. If you need to stay, the reasons will be discussed with you. **You should bring an overnight bag just in case.**

How do I get ready in the days before? Do I need to take any medicine?

So we can see the lower bowel clearly with the camera, you need to take a medicine (bowel preparation) by mouth to clear stool (poo) from the bowel. You'll be asked to take one of three medicines: either Citramag®, Picolax® or Sodium Picosulfate. We will arrange the medicine from the hospital, or sometimes ask your GP to arrange this. Even if you are quite grown-up, you should have an adult (parent/carer) help you with the medicine. You'll normally be given 4 sachets which will all be taken at home. If there are any issues with managing the medicine, please contact us as soon as possible on 0131 312 0431.

Citramag®

There are instructions with the medication and we suggest that **one sachet of Citramag** should be dissolved in **200mls** of hot water in a large jug and then the age appropriate dose given as described below. Allow the mixture to cool for 30 minutes. It can then be flavoured with juice.

Drink it over half an hour. Make up a new sachet for each dose. Please call if there are any problems or questions.

Age 10 and older **200mls**

Age 5 to 9 **100mls**

Age under 5 **75mls**

- Two days before the colonoscopy take 1st Citramag dose at 5pm
- The day before the colonoscopy take the 2nd dose of Citramag at 9am **and** the 3rd dose at 5pm.
- On the day of the colonoscopy take the final dose of Citramag at 7:00am.

Picolax®

There are instructions with the medication and one sachet of Picolax should be dissolved in 150mls of cold water and then the dose given as below. Allow the mixture to cool for 30 minutes. Make up a new sachet for each dose. Please call if there are any problems or questions.

Age 4 and older **150mls**

Age 2 to 3 **75mls**

Under 2 **35mls**

- Two days before the colonoscopy test take Picolax dose at 5pm
- The day before the colonoscopy take the 2nd dose of Picolax at 9am and the 3rd dose at 5pm.
- On the day of the colonoscopy take the final dose of Picolax at 7:00am.

Sodium Picosulfate Liquid - We will sometimes use this medication and will sort out the correct dose for you and how often to give it.

What can I eat and drink before I come in for the colonoscopy test?

There is a leaflet about this which tells you the times you can eat and drink before the test, and which foods and fluids you should have, and avoid. You should continue your usual medications as normal except iron preparations, which should be stopped one week before the colonoscopy, or when instructed to stop specific medications by the Gastroenterology (GI) team.

I've got some questions – who should I ask?

If you have any questions, please telephone the gastroenterology secretaries on 0131 312 0431 or 0131 312 0430 from 8:30am to 3:30pm Mon-Fri. You will get a call from the Crichton Unit (SAU) nurse just before admission to go through some questions. You can also ask any of the team (doctors, nurses and play specialists) looking after you when you come in to the hospital.

What happens on the day?

Colonoscopy tests usually take place in the afternoon, but sometimes happen in the morning. If you are on a morning list you will get different instructions. The team on the Crichton Unit (SAU) will ask you a few questions and check your weight and height, temperature, pulse and blood pressure. You will have a numbing cream put on your hand (on the skin over a vein) at least an hour before the test so that it's not sore when you get a cannula (tube) placed in the vein to get your anaesthetic.

What is consent?

Consent is understanding what is happening and then giving your permission. The doctors from the gastroenterology and anaesthetic teams will see you on the Crichton Unit (SAU) and explain the procedure, and any risks of the test, even though it is very safe. After you have had the chance to ask as many questions as you like, you (or your parent/carer) will be asked for permission (written consent) – this means signing the consent document to say it's ok to have the test.

What happens when you are ready for the colonoscopy?

You will go to the anaesthetic room where the anaesthetist will either put in a small cannula (tube) into a vein in the hand or give you a mask to breathe in the anaesthetic. Once you are asleep, anyone who has come with you (parent/carer) will be asked to leave and they will go back to the ward where they will wait until your test is finished.

What happens after the test?

Just after the test you may be a bit sleepy. The doctor will come to see you later to explain what they saw and any plans that are needed. There are usually no problems afterwards but some young people may complain of a sore stomach, wind and a sore throat. If there is any discomfort we can give you some medicine that will help. Before we allow you home we make sure there are no problems and you are able to eat and drink normally. You should be able to go home around 6pm. Occasionally you might have to stay in hospital overnight.

When will I get the results?

We will usually contact you by letter or phone about the results as soon as we can. Usually this can take around two weeks or longer depending on which specific tests have been done.

What if there are problems later?

Phone the Emergency Department (ED) if you have any worries on 0131 312 0007. Explain what test was done, which consultant did the test and what is worrying you.

Your views on our service

We will give you a questionnaire to ask your views on the overall endoscopy experience. This is to help us ensure the service is the best it can be.

Interpretation and translation

You should inform us of any language and communication requirements you have before you come to hospital and we will provide an appropriate interpreter. If you are having this test as an existing inpatient, the team looking after you will arrange interpreting support for you in advance of this test. This leaflet may be made available in a larger print, Braille or your community language.