

A Typical Colonoscopy Experience

“A colonoscopy is a camera test looking at the colon, or large bowel. It is a flexible tube with a camera at the end. It takes about 30 minutes to complete”.

“A colonoscopy is a safe procedure, but there are some risks. These are:

1. Bleeding, and this risk is increased if removing a polyp or polyps.
2. A tear
3. Please see our frequently asked questions (FAQs) for further information”.

You should not have drunk clear liquids for 2 hours before coming for your procedure. You should have followed the pre-colonoscopy diet advice about eating the day before the procedure. Please see our separate video on this topic.

“When you arrive in the waiting area, you will take a ticket and be called by our check-in staff. You will see posters about ongoing research projects in the department and you may be asked if you would like to take part. You will be asked to confirm your details. You will then return to your seat and wait to be called by one of the nursing staff. Please note that the time on your appointment form is your check-in time and will not be the same time as your procedure. As this is a busy department, there can be some delays. Also, there are different procedures happening at the same time, so other patients may be called before you”.

“A nurse will go through some medical details with you and then you will be brought to the pre-endoscopy bay to change. You will be asked to change into disposable underwear and a gown”.

“There are toilets located nearby. You will wait on a trolley until one of our staff will bring you to the procedure room”.

“This is a colonoscope. It is the camera we will be using and has a diameter of 12 millimeters. You will be asked to lie on your left-hand side and bring your knees as close to your chest as possible, like so”.

“If, like me, you chose to get conscious sedation, please watch our separate video on this topic”.

“As air is pumped into the bowel to help us to see better, you can get some crampy discomfort and the feeling of wanting to pass wind. Please pass wind as you need. After your procedure, you will go to the recovery room and then after an hour or so, into the discharge lounge, where you will be given something to eat and drink”.

“After you receive your discharge instructions, you can follow the way-out signs. If you have had conscious sedation, you must leave with a family member or friend”.