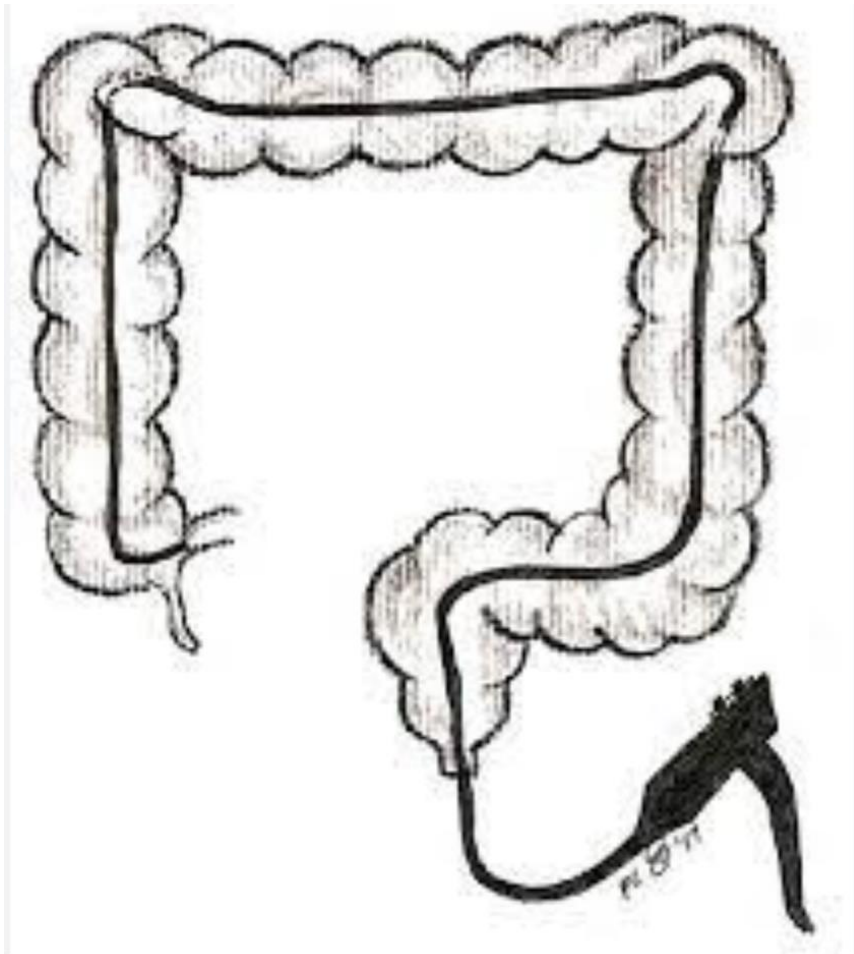


## **Colonoscopy Parent Information**

Colonoscopy is a medical procedure performed to evaluate the lower gastrointestinal tract. Polyps can also be removed in some cases during colonoscopy. It is performed under an anesthetic so that the patient does not feel any pain or discomfort during the procedure. It is performed with a colonoscope which is an instrument in the form of a long slender tube with a camera at the end. Small samples of tissue (biopsies) are obtained from various points during the procedure.



### **Indications**

Unexplained diarrhea, weight loss, rectal bleeding, abdominal pain. A polypectomy may also be performed at the same time if indicated.

### **Preparation**

The bowels need to be cleared prior to colonoscopy to ensure that the doctor can do an adequate evaluation of the intestinal lining. Therefore, the child needs to take a bowel preparation the evening before the procedure. It is recommended to-

- Cease iron supplements 1 week prior to the procedure
- No foods containing pips including tomato, cucumber, passionfruit, kiwi fruit, nuts, corn, carrots, wholegrain bread, wholegrain cereal for 4 days prior to procedure
- Bowel washout the evening prior to procedure as advised
- Fasting on day of procedure as advised by the anesthetist
- Clear liquids until 2 hours before the procedure unless advised otherwise by the anesthetist

### **Possible Complications**

Colonoscopy is a very safe procedure when performed by doctors with specialized training and experience. A pediatric anesthetist performs the anesthetic to ensure that the patient does not experience any pain or discomfort during the procedure. Although every effort is made to ensure that there are no complications related to the procedure, in rare circumstances some patients may experience certain complications including bleeding, perforation and infection. The incidence of these complications is higher if polypectomy is performed and if there is active inflammation. The Epworth hospital is well equipped to assist in the management of any such issues should they arise.

### **Post Procedure**

The child is taken to recovery room after the procedure where they are monitored until fully awake. They will be discharged home once they are fully awake and able to eat and drink. The doctor will discuss the findings with the child's guardians following the procedure. Results from biopsies and possible diagnoses will be discussed in the clinic 2 weeks following the procedure.