

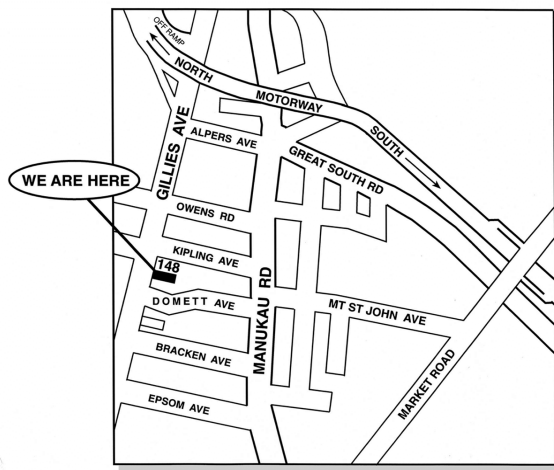
Endoscopy Auckland was opened on 1 April 1997 and is a purpose built facility specialising in endoscopy.

The team is comprised of endoscopists (surgeons and gastroenterologists), specially trained registered nurses, and administration staff, who all acknowledge quality care as our top priority.

If you have any queries or require further information do not hesitate to contact us.

We welcome and appreciate receiving your feedback.

If you have any issues you wish to discuss further please feel free to contact the Hospital Manager.



148 GILLIES AVENUE EPSOM
AUCKLAND 1023 NEW ZEALAND

PH: 09 623 2020

ANDD ENDOSCOPY

ANDD BE CARRIED OFax: 09 623 1010

www.endoscopyak.co.nz



ENDOSCOPY

AUCKLAND

COLONOSCOPY

the inside story

or see

www.endoscopyak.co.nz

Reviewed July 2008

Endoscopy is a procedure (diagnostic or therapeutic) where a thin flexible tube (endoscope) is used to view the lining of your stomach/bowel. The image produced via the video processor is displayed on a television screen that allows an excellent view for your specialist. Special instruments can be passed down the endoscope to obtain a biopsy (a tiny tissue sample) or to remove polyps. All samples are sent to the laboratory for analysis. Colonoscopy is an endoscopy of the large bowel (colon).

Preparation for a colonoscopy

When you phone to make your appointment the secretary will give you details. However the bowel MUST be completely clear for the examination to be accurate. Therefore it is important that the instructions you are given are followed carefully.

If you have any difficulties with the preparation please contact Endoscopy Auckland on 623-2020.

Bring with you

- Your referral letter for the procedure
- Any x-rays relevant to your procedure
- A list of current medications you are taking
- Medical insurance prior approval number/letter (if applicable)

Because you will have had sedation, it is important that you arrange for someone to drive you home following your procedure. You are not permitted, by law, to drive yourself at any time on the day of your procedure.

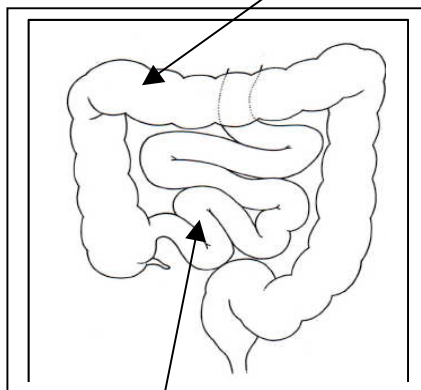
On arrival

- Further information regarding the procedure you are having will be made available to you.
- A nurse will obtain health details from you
- You will be asked to change into one of our gowns.

The procedure

- Once you have changed into one of our gowns you will be wheeled into the procedure room on a bed.
- Sedating medication is given to help you relax. This is optional but it does facilitate the procedure considerably
- Colonoscopy involves passing the endoscope along the whole of the colon and rectum.
- Most procedures take 15 – 30 minutes. However your stay at the clinic will be approximately 1½-2 hours.

LARGE BOWEL (COLON)



SMALL BOWEL

Safety and risks

The colonoscope is completely cleaned and disinfected between each patient to avoid the risk of transmission of serious diseases such as HIV or hepatitis.

Serious complications of colonoscopy are rare, at less than one in 3,000 examinations. However complications can occur and include the following:

- Colonoscopy is considered to be a very accurate test. However, there is a risk that an abnormality may not be detected.
- Intolerance to the bowel preparation. Some

people develop dizziness, headaches or vomiting.

- Reaction to the sedatives or anaesthetics. This is very uncommon but is especially of concern in people who have severe heart disease or lung disease.
- Perforation (making a hole in the bowel).
- Significant bleeding from the bowel, usually after polyp removal.

It is possible if these serious complications occur that you may require surgery or a blood transfusion.

- Rare side effects can occur with any procedure. Death is extremely rare.
- If you wish to have further details please discuss this with your endoscopist before the procedure.
- If you have any of the following symptoms in the hours or days after colonoscopy you should contact Endoscopy Auckland or your doctor's rooms immediately: *severe abdominal pain, black tarry motions, persistent bleeding, fever or other symptoms that cause you concern.*

After the colonoscopy

Following your procedure you will be wheeled into the recovery room where you will rest to allow the sedation to wear off. When you are awake your specialist will discuss your examination results with you. **Sometimes you do not clearly remember the discussion or even that the specialist spoke to you (due to the sedation) and hence a written summary will also be given to you for your reference. A detailed report will be sent from your specialist to your GP or referring doctor.**

A light snack will be served before you leave the clinic.

Most people are able to resume normal activities the following day.

Laboratory results from any biopsies taken will be sent to your GP or referring doctor and the clinic for your specialist to see (can take up to 5 days).